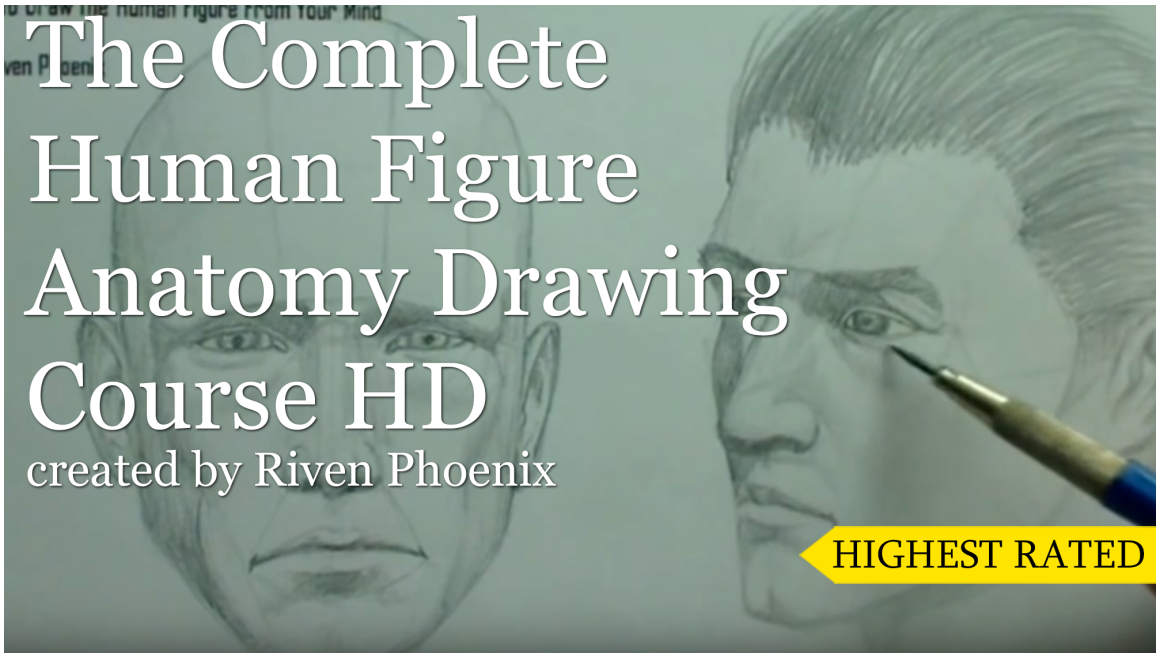

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 172 - The Muscles of the Pelvis & Leg - Part 6

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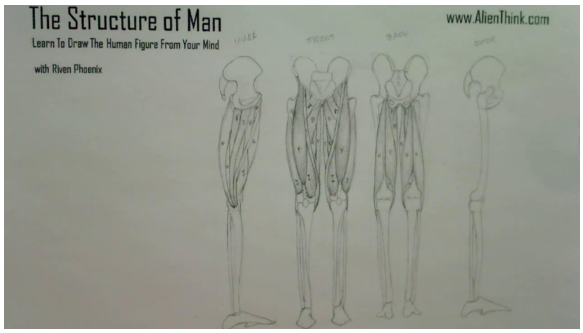
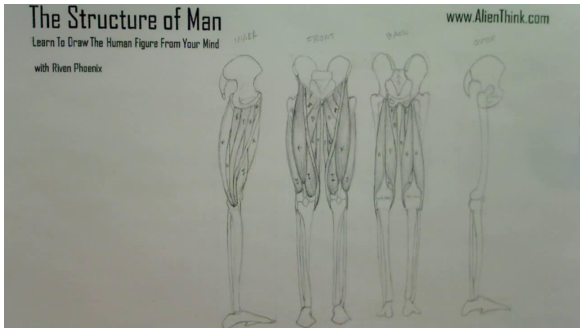
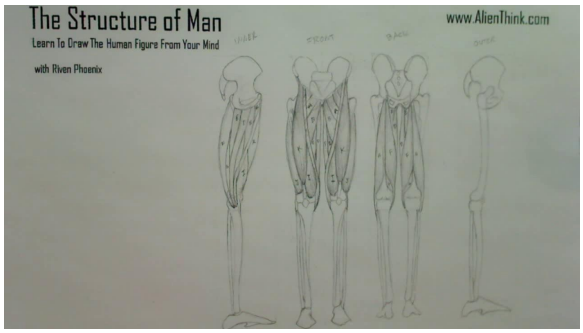
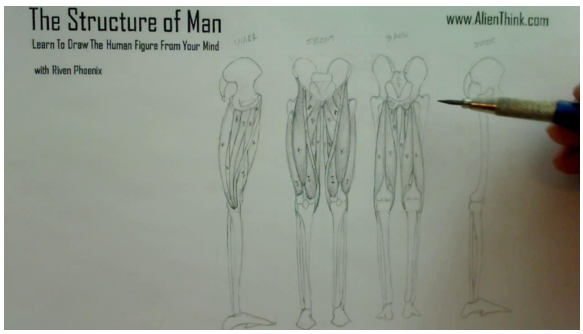
1		Hey guys, my name is Riven Phoenix and welcome to the Starfield Man Learn to Draw the Human
2		Figure from your mind training course.
3		Okay, so now we're going to start to wrap up the understanding of the muscles of the
4		back of the leg, right?

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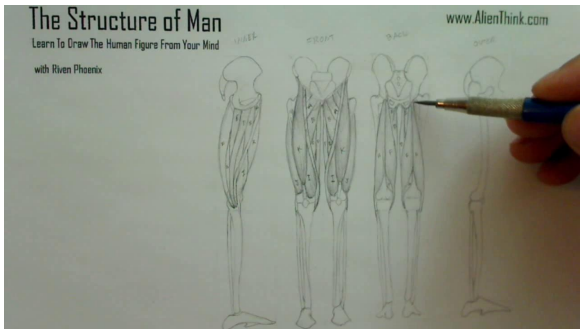
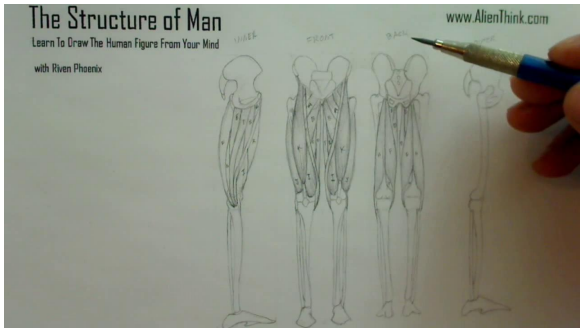
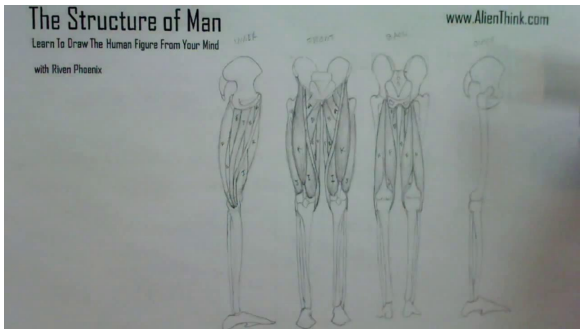
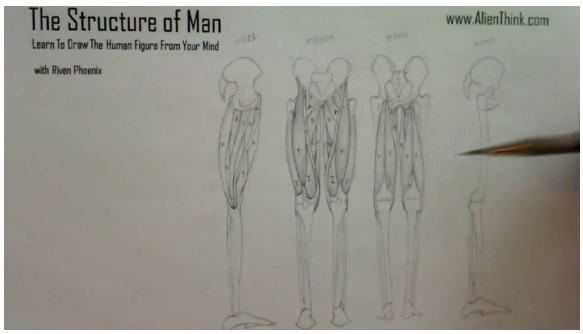
5		So to understand this area here, we're now going to start to look at the area for the
6		Botox and then we're also going to understand the side area over here.
7		So basically we'll actually start to close up this area here and after this, when we've
8		done this, we're actually going to do some drawings to make sure that our mind understands

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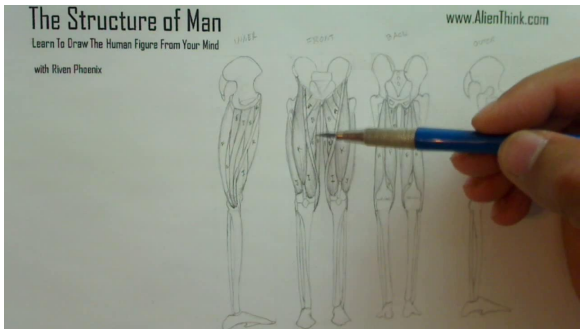
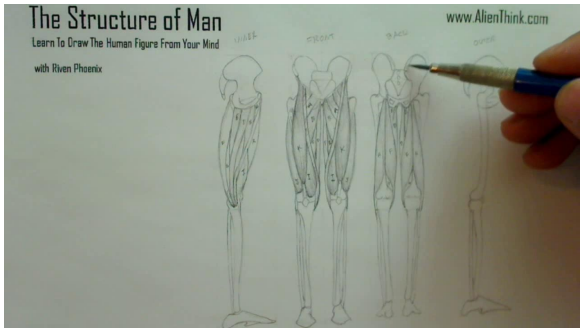
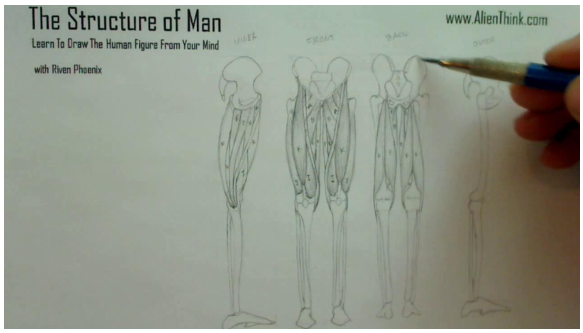
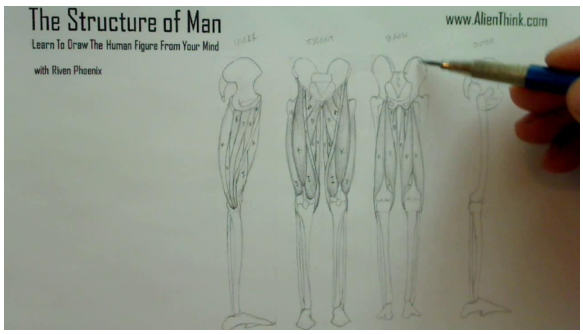
9		what's actually going on here and you'll see that it's going to turn out to be very easy.
10		So what happens is that let's talk about the Botox first.
11		So you're going to get the Botox muscle just about here.
12		It's going to be first one guy over here and he's going to go over here.

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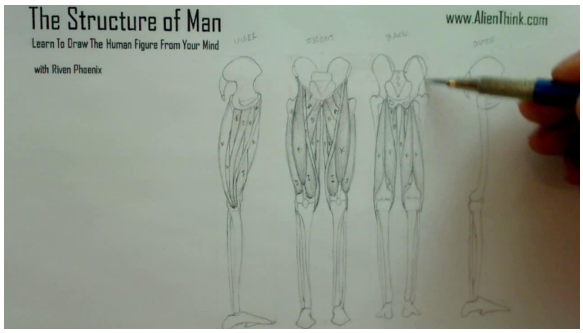
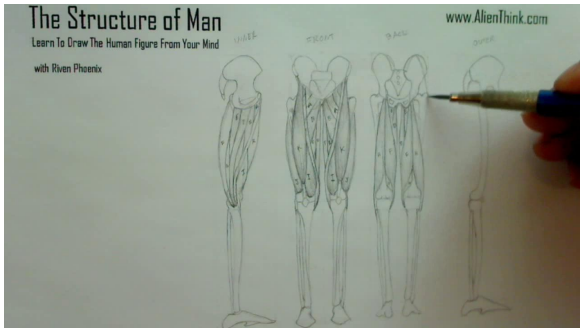
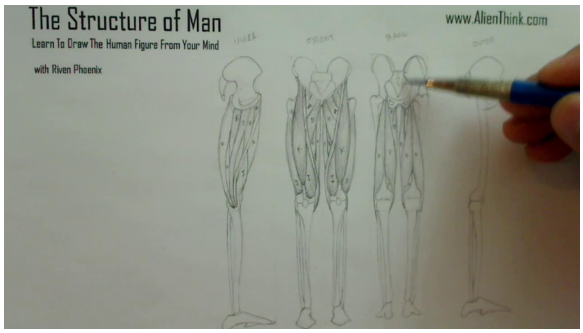
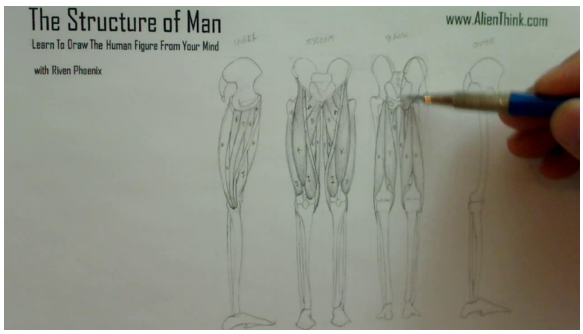
13		See this?
14		He's coming down here to the femur and he's going to wrap himself over here and he's
15		going to basically just come over here and he's going to go down.
16		So what is interesting about the Botox muscle is that, see, based on our mannequin system,

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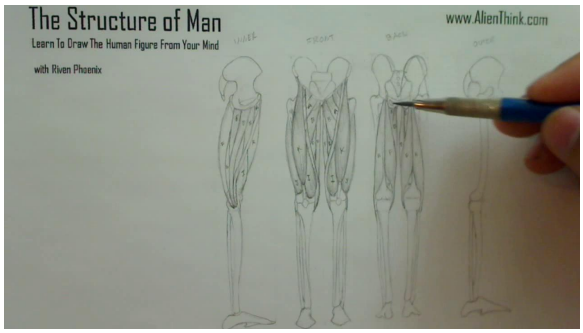
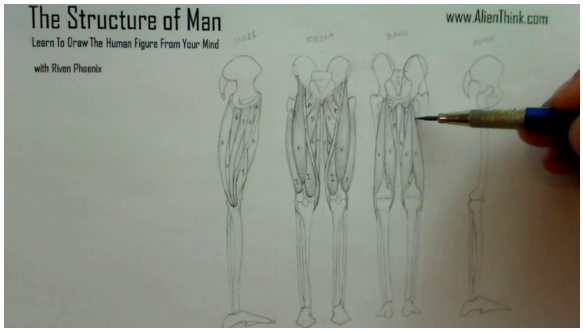
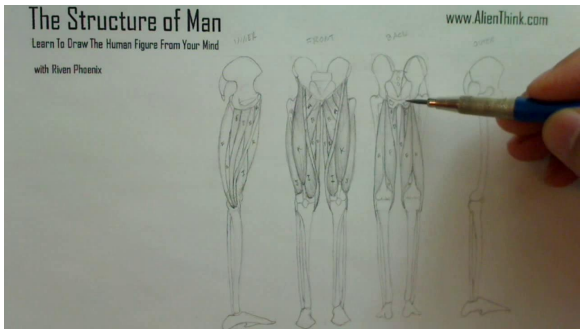
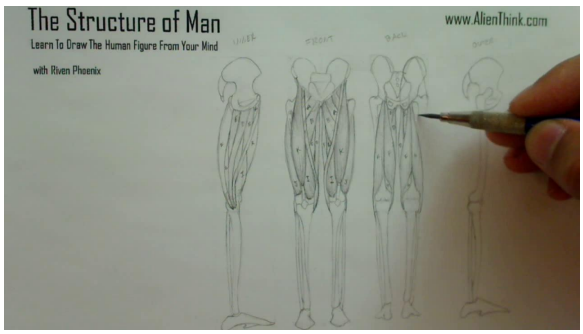
17		we just closed the mannequin here but we should know that the Botox actually will come
18		down.
19		It's a trigger to understand in the mannequin system how it works.
20		So here, the Botox muscle is just basically going to come like this over here.

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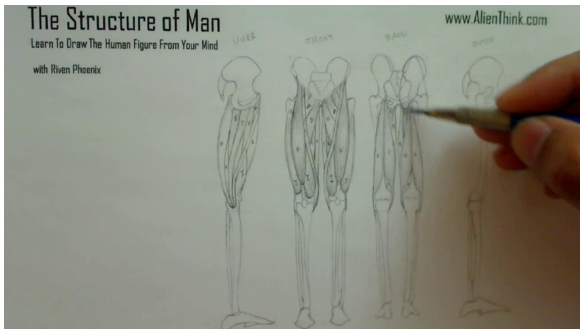
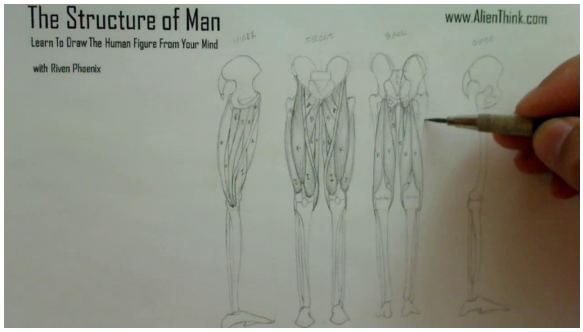
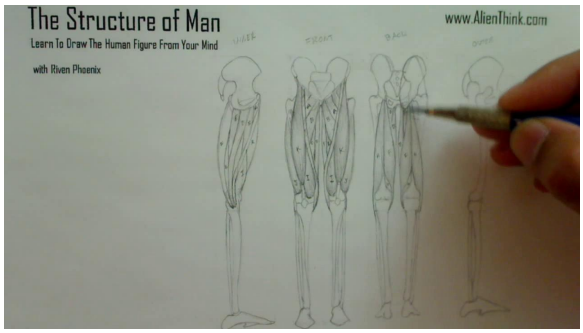
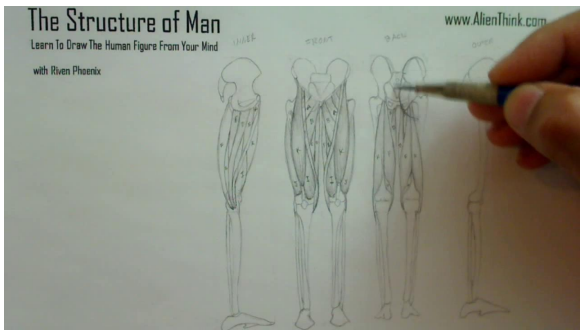
21		It's going to come down more and it's going to see this.
22		It's going to come about here in this space.
23		So what happens is that you just get the Botox muscle to look like this.
24		So I'm going to do one more over here like this and depending on how you want to create

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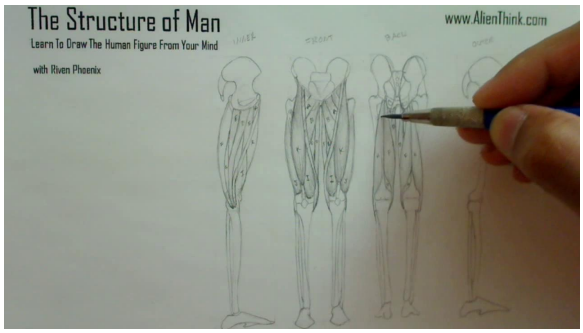
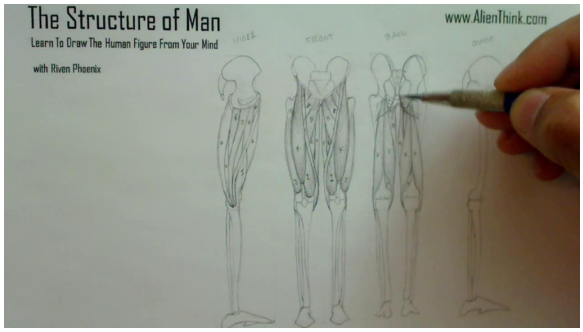
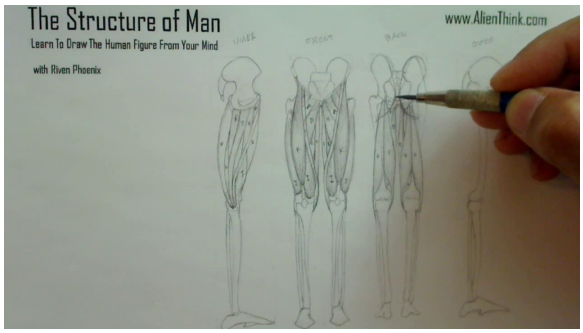
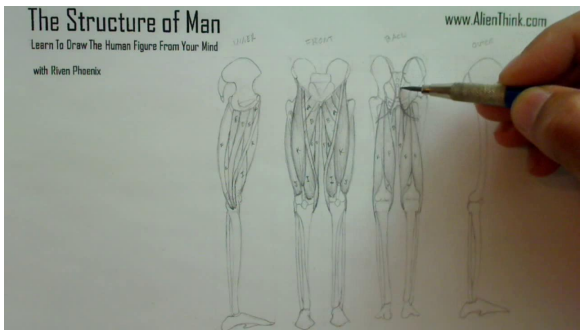
25		the muscle for the Botox.
26		You can make them much more closer together but basically because you're going to get
27		like a tailbone over here.
28		So this is just going to be the mark over here and this is why it's starting to make sense

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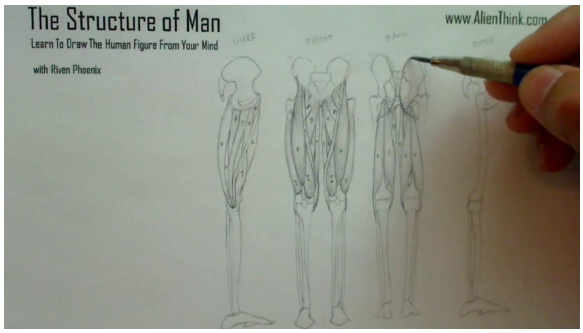
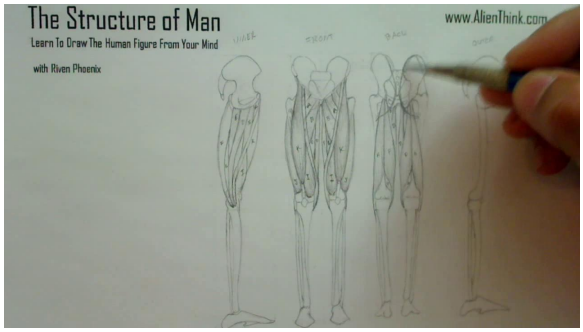
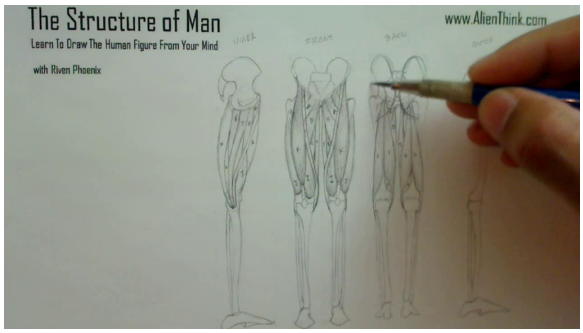
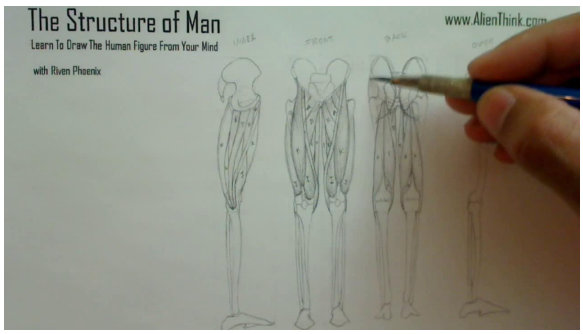
29		as to why we made those lines in the mannequin in the back because it allows us to understand
30		this area here where the Botox is being made.
31		And basically, this guy is just going to come over here and where this is, he's going
32		to come down like this.

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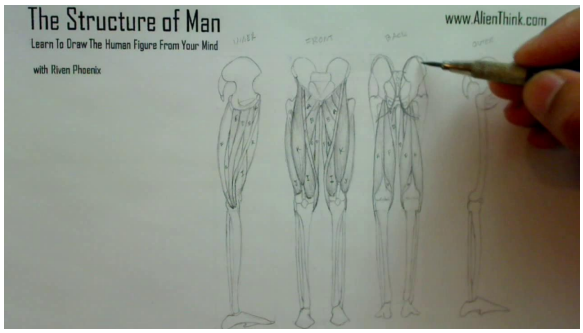
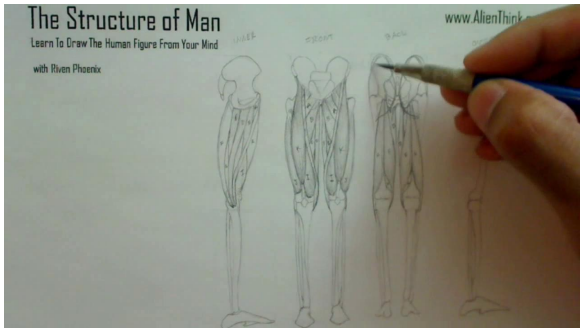
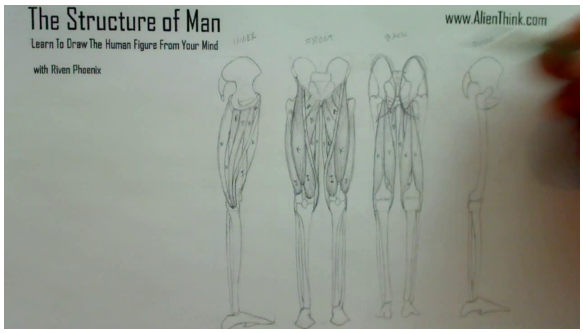
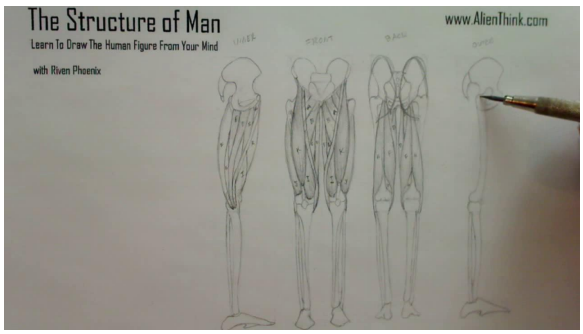
33		Okay, and we're just going to make it like this here with one line.
34		So it's going to be curved over here, right?
35		So to understand this, what exactly just happened here is we have to actually look at the whole
36		situation over here, right?

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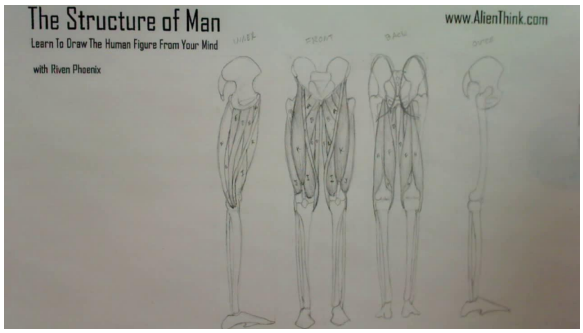
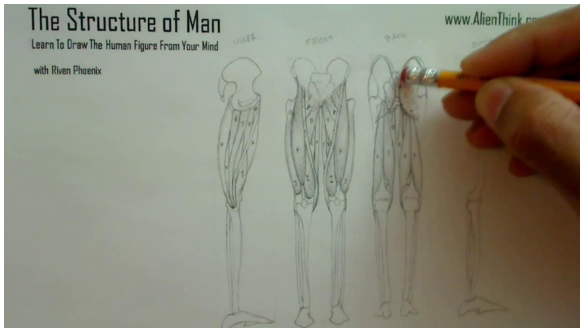
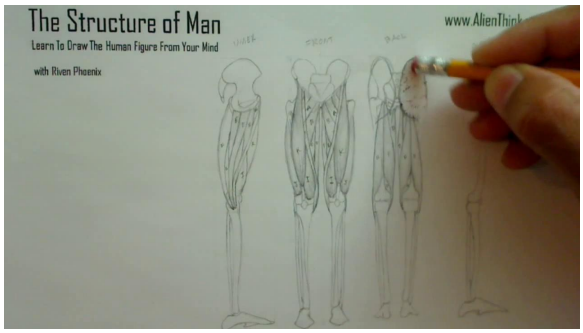
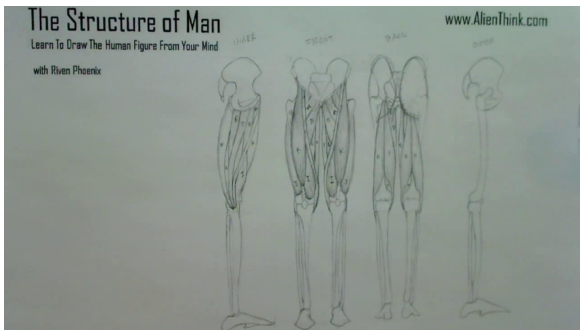
37		So first, what I'm going to do is I'm going to erase some of this area stuff over here
38		because we really don't need it over here.
39		Now, the thing to note about this is where the Botox muscle is.
40		Notice that I curved, I left this area here, right?

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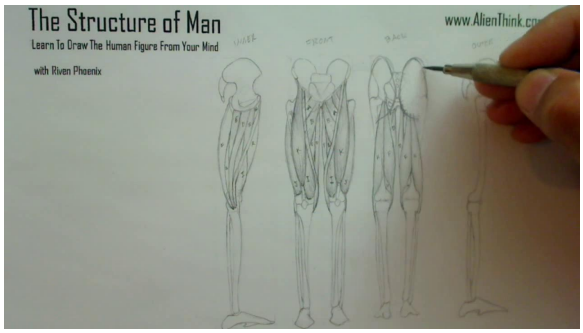
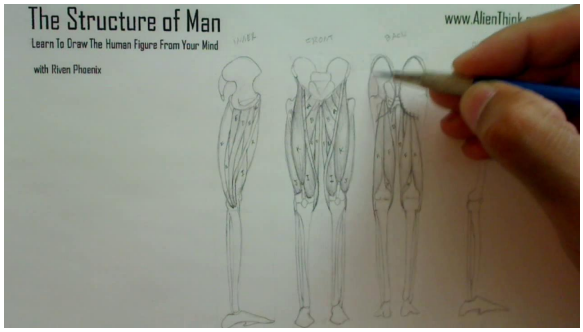
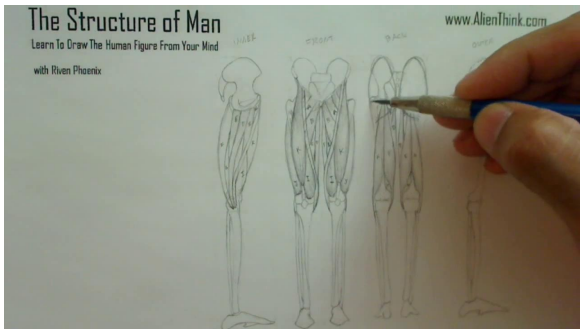
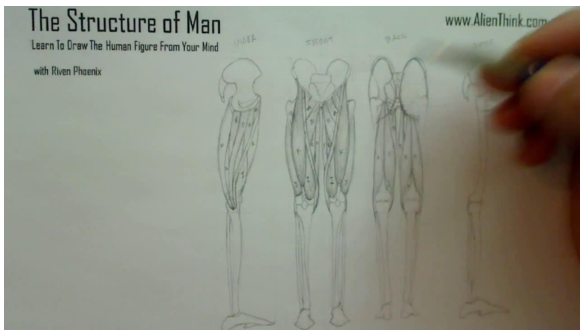
41		Because there's another muscle over there that's going to, we're going to talk about.
42		So this area, this whole area here, this side is going to be divided in three different
43		muscles.
44		Okay, so here I'm just going to erase this over here and you'll start to see how everything

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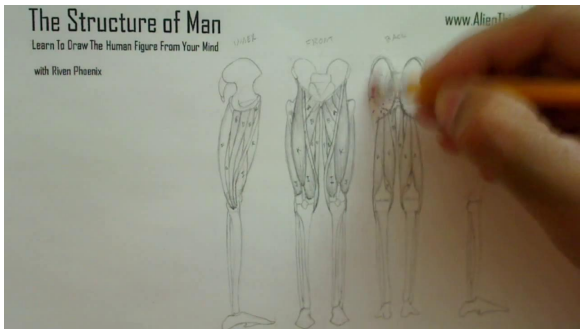
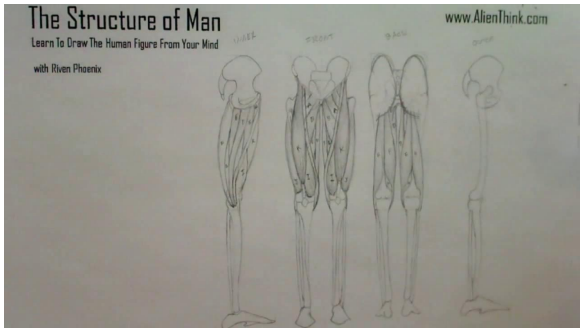
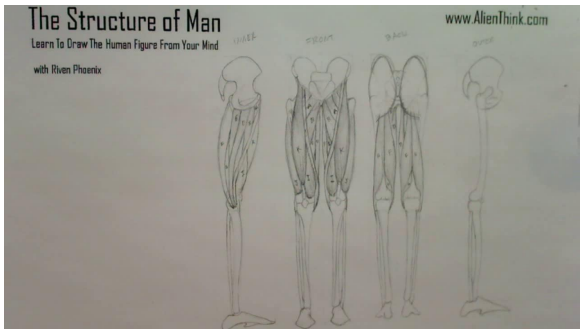
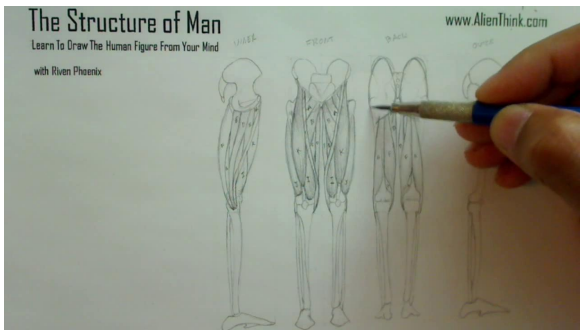
45		is starting to come together now over here.
46		Right?
47		Okay, so what happens is now that here's, here you're going to get the Botox muscle
48		over here, right?

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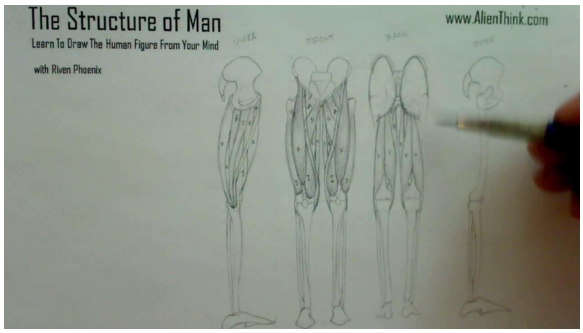
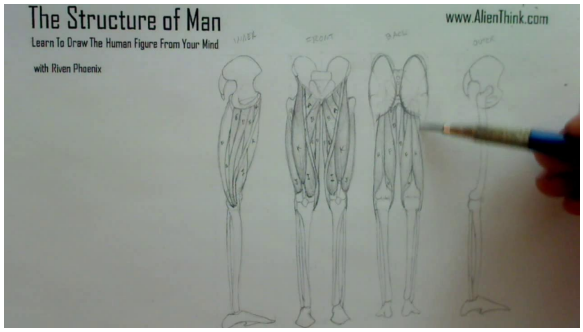
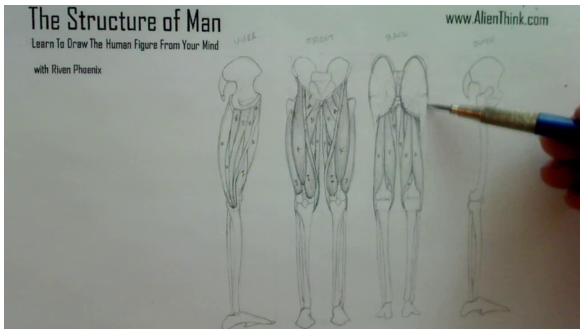
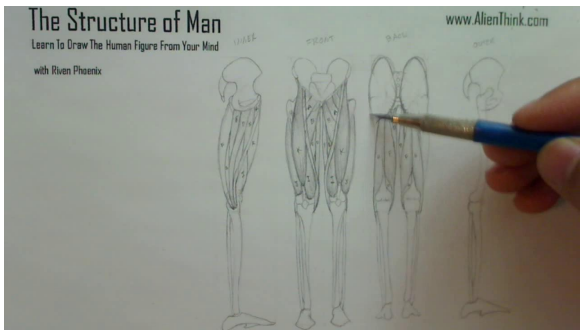
49		So this muscle here, see this muscle J that we talked about, what happens here is that
50		on the side, this guy, this guy is actually going to be over here, all the way down here.
51		So this, because he's supposed to define the outer of the leg, right?
52		So here's my humorous bone going down here and I know he connects and he's going to

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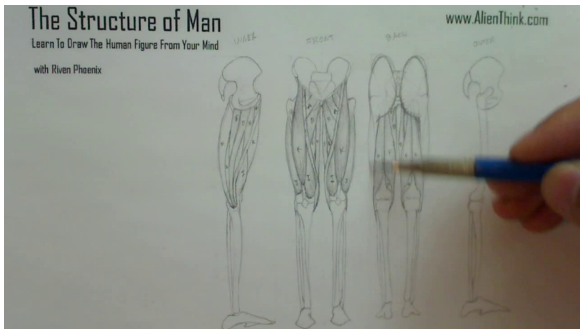
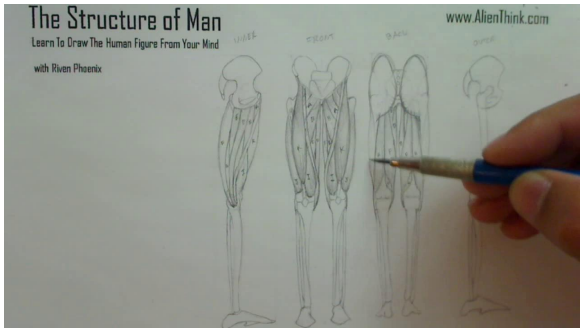
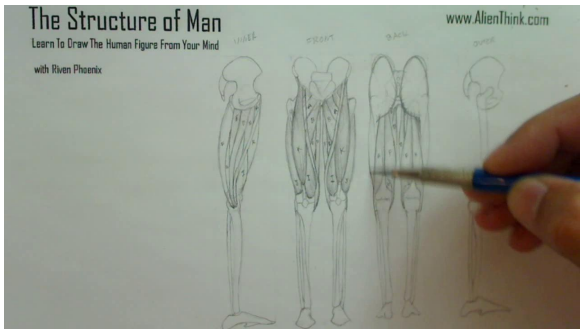
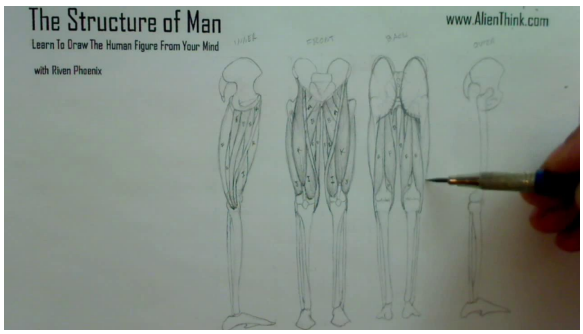
53		define the outer of the leg over here, right?
54		So he's just, we know where he goes, right?
55		So he's going to be the outer guy of the leg system and this is what's going to cause
56		the leg to get this dent over here, right?

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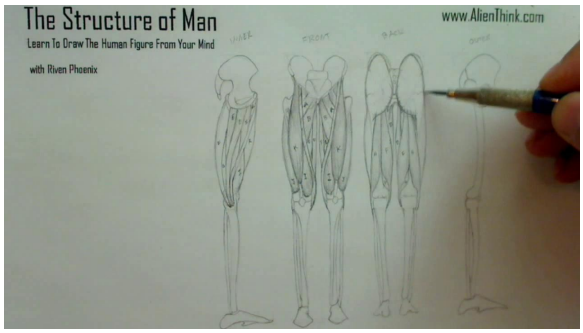
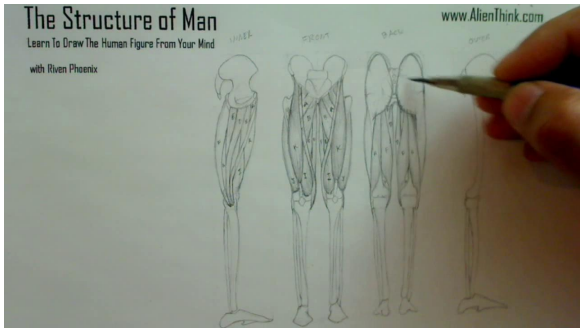
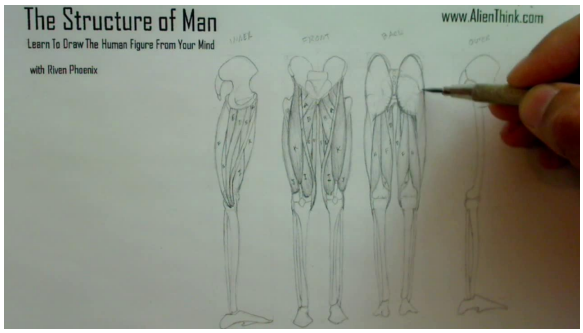
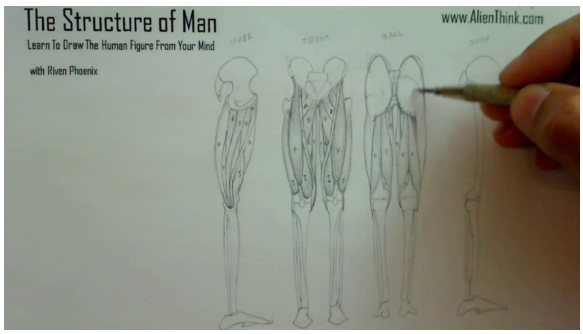
57		So now you're going to see that what happens with the Botox is that you're going, it's
58		going to go like this, it's going to go like this and it's going to have a dip in here
59		and go over here, right?
60		So there's really nothing going on here in the pelvis system, right?

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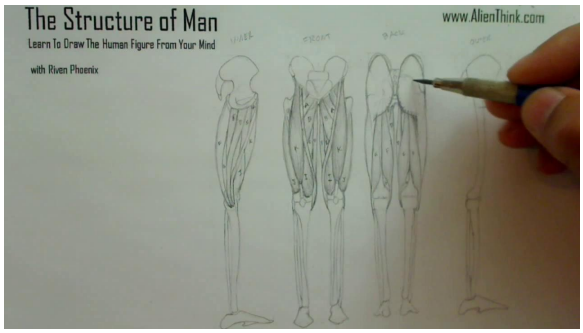
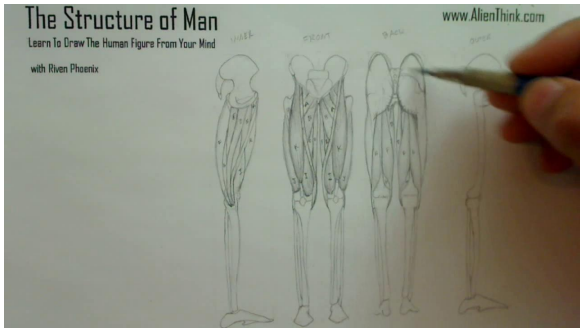
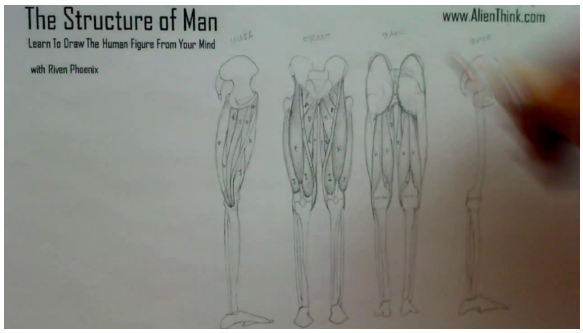
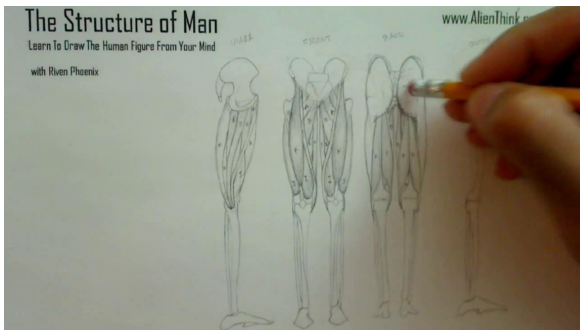
61		So it just goes into a dip over here.
62		So you're going to get basically lines like this, I'm going to put the lines here so you
63		can understand this correctly, right?
64		So just erase all that and then over here I'm going to make this a little more lighter

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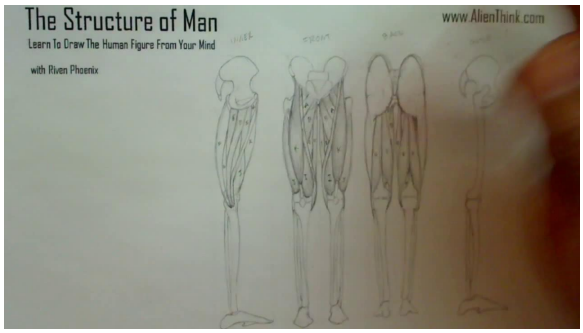
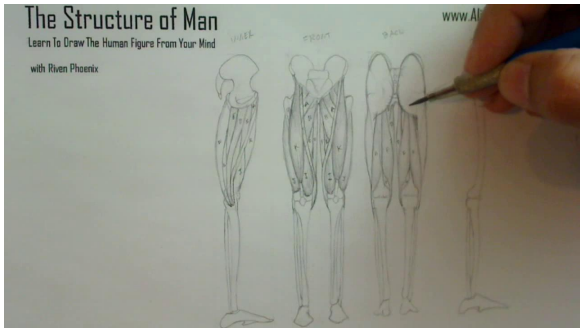
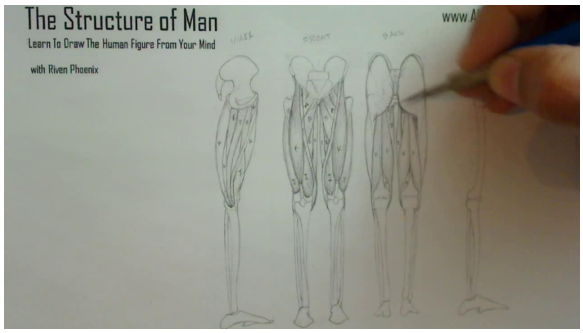
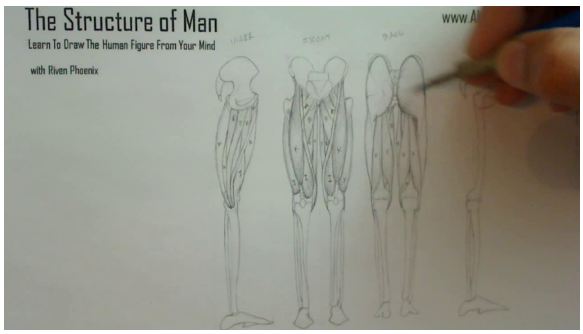
65		because we're going to shade that in a little bit, right?
66		So here we're going to just get these lines over here.
67		Obviously this is the bottom of the Botox is going to have a little more darkness to
68		it and here you're going to just get these lines here for this muscle going like this over

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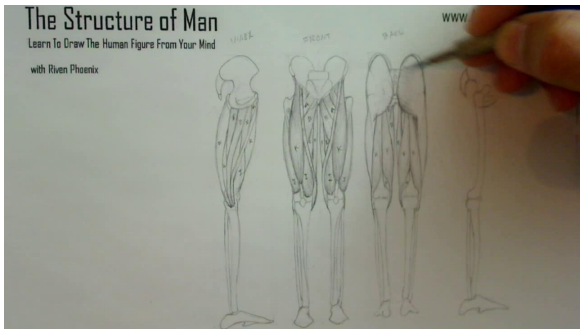
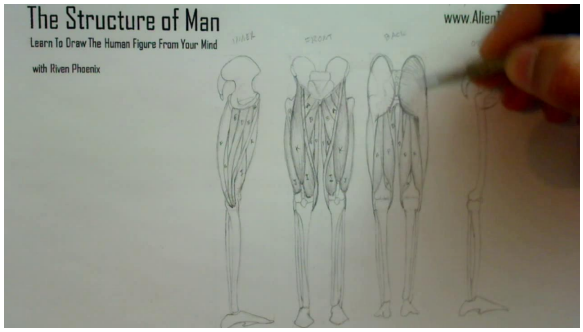
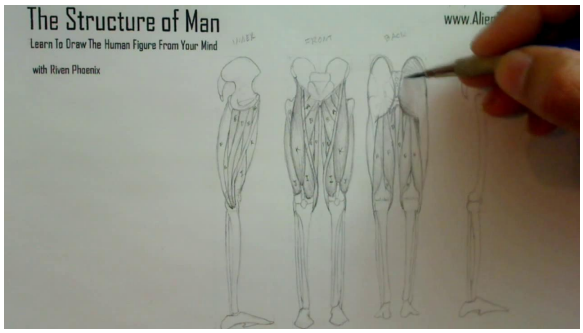
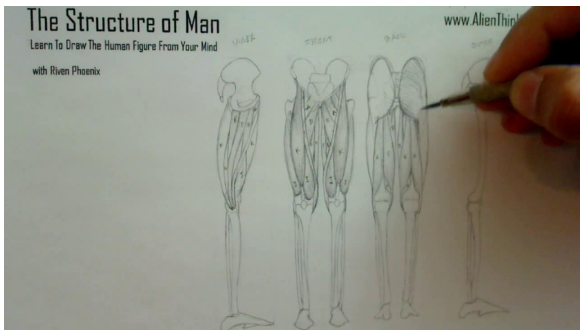
69		here, over here over here over here and basically they're just going to start to come down
70		over here near this, right?
71		So remember it's the dent he dips in here, right?
72		So basically this area here just starts to become white on the figure, right?

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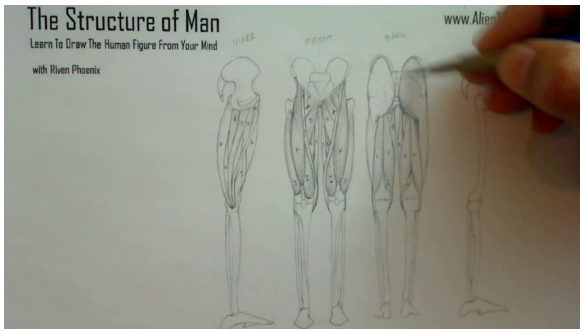
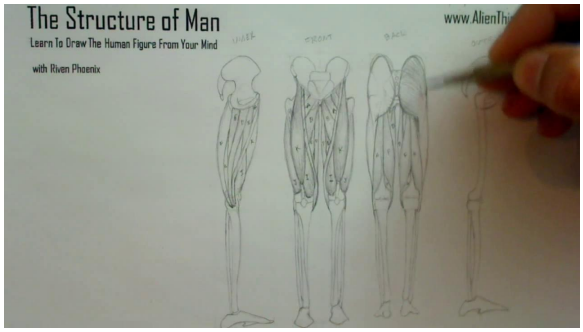
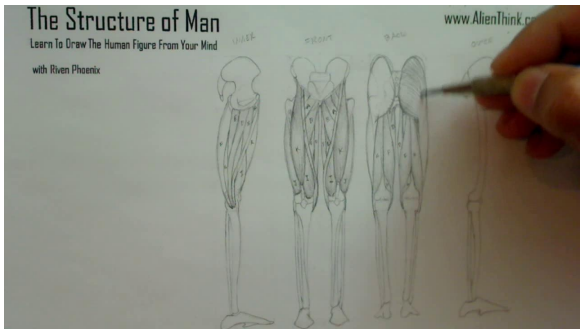
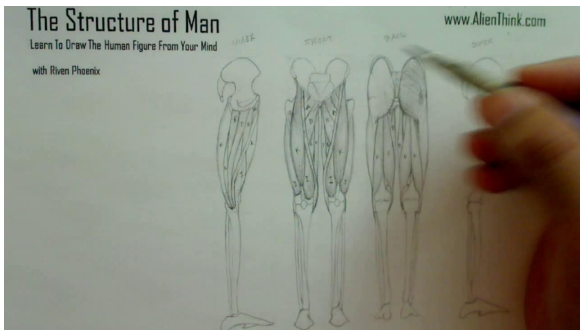
73		So he's going like this, right?
74		So when he comes down here, this is the dent over here, right?
75		So you can just put it like this that the Botox release like this and then it goes over
76		just like this.

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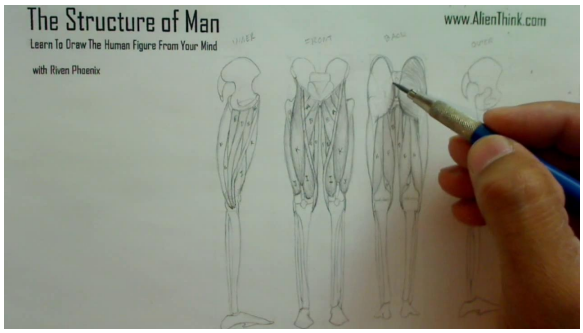
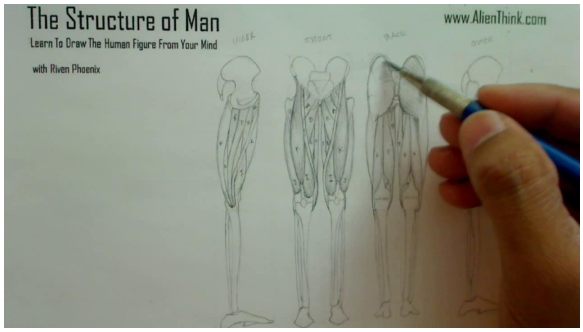
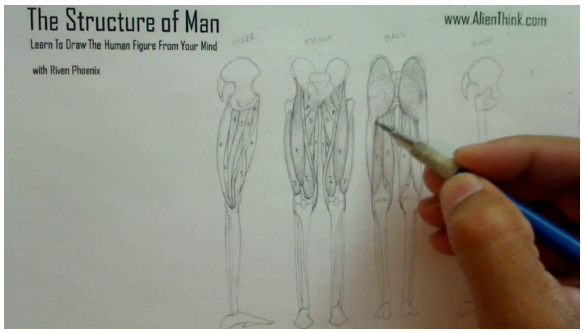
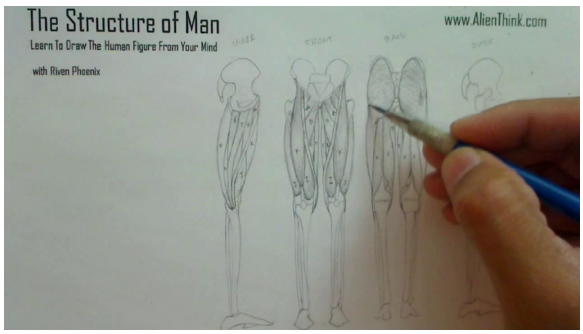
77		So here we're just going to do the same thing on this end slowly.
78		Just put in these lines in here like this, okay, we're going to talk about what happens
79		to this muscle in a little bit, right?
80		So know that there's a dip in here, right, for the Botox and he's going to just be like

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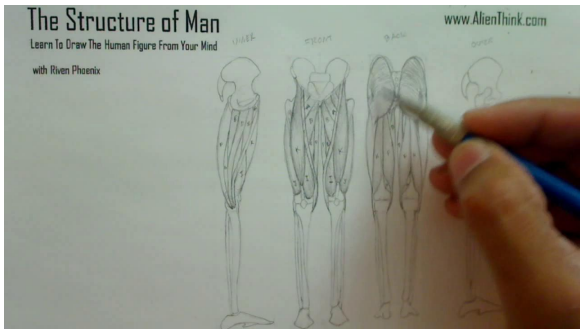
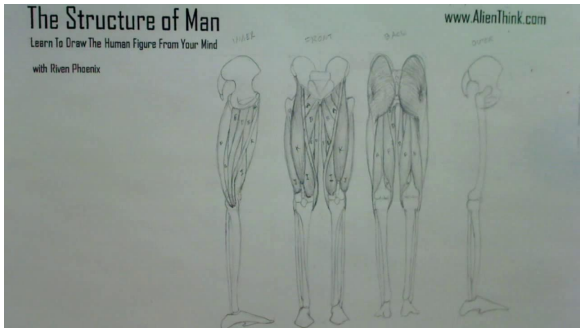
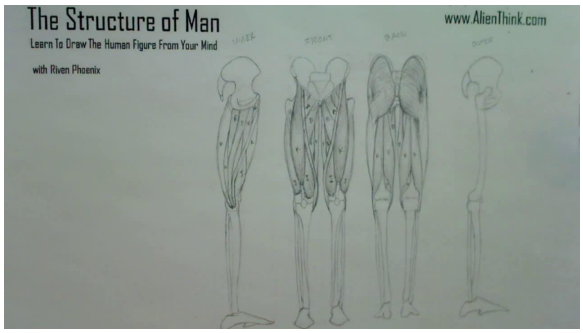
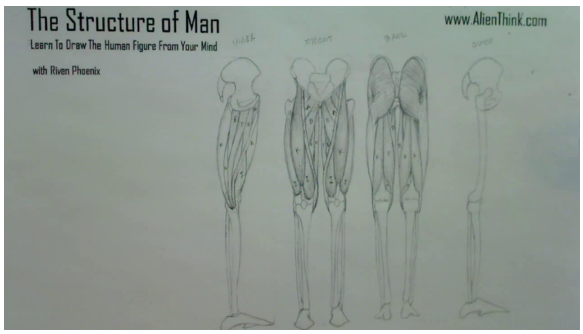
81		this, that's probably the better way to do it that there's a dip in here and we understand,
82		right?
83		So what happens is that we, to understand what's going on with the Botox is that we're
84		going to have to actually put these muscles over here.

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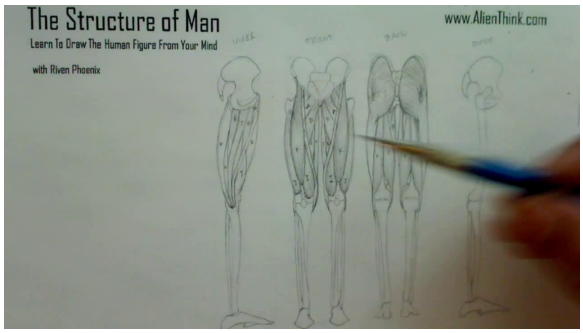
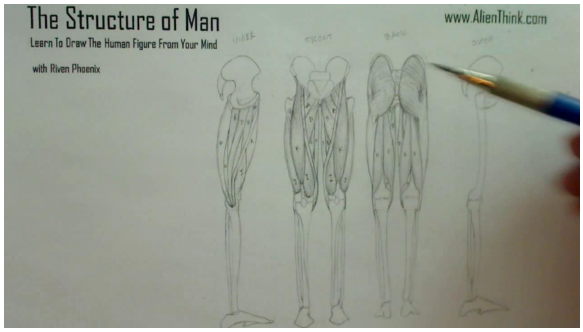
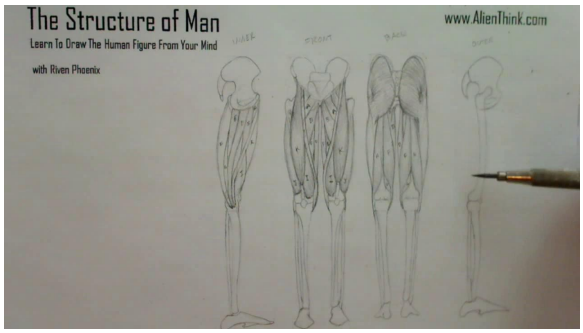
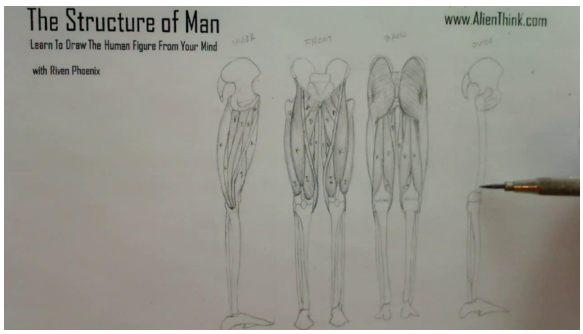
85		So let's talk about muscle J. So we know that okay, well he connected over here, we understand
86		this and then we understand he really depends the outside.
87		So what happens to him over here is that you know that he's going to be right over here.
88		So what happens is that muscle J comes out this much on the outside of the figure, right?

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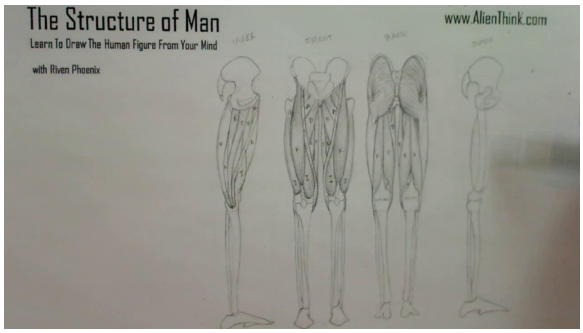
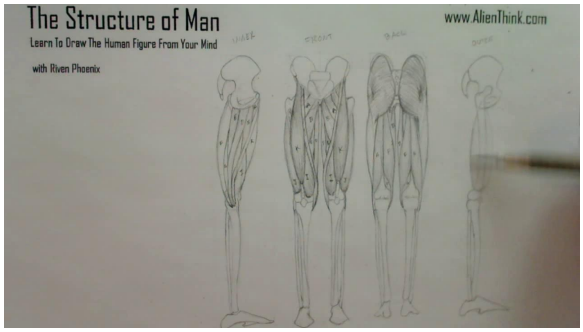
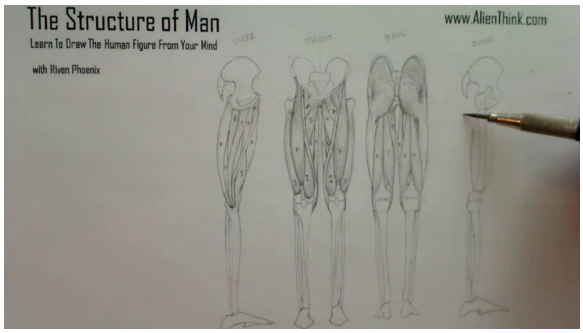
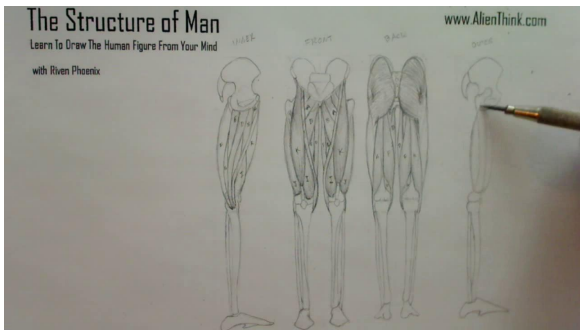
89		So and he's going to come just like this, he's this big.
90		So notice how big he is, right?
91		So even if you have the mannequin system, you know how close he is going to be the back
92		of your figure, right?

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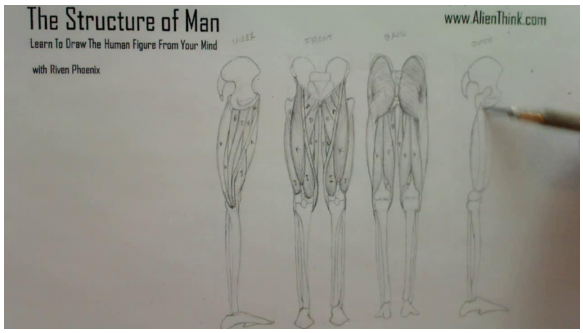
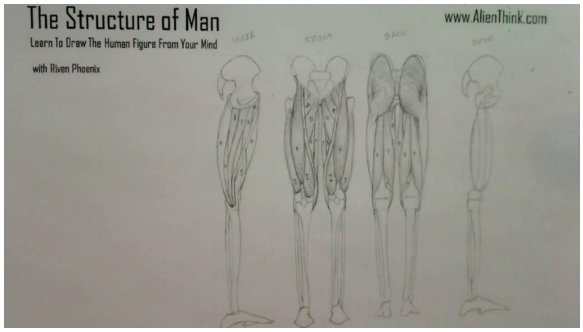
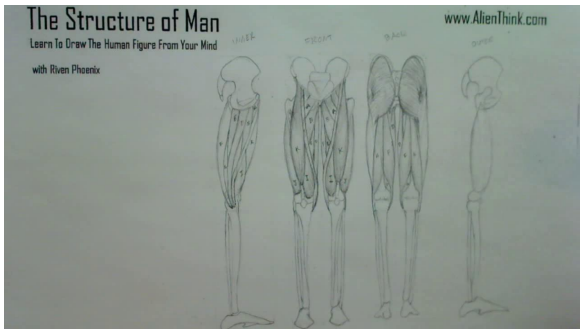
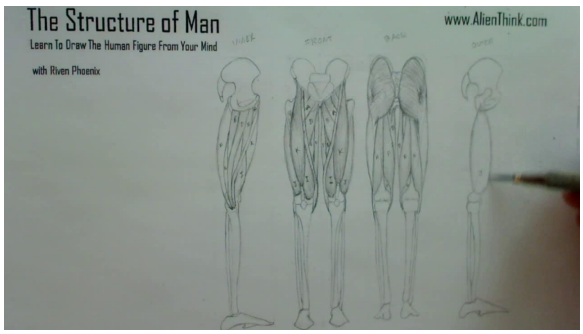
93		So here's going to be muscle J over here, okay?
94		So let's first fill him in and then we'll understand the rest, right?
95		So he is a J right over here, so he's just going to attach like this over here like so
96		and he's going to be just like this kind of base over here, I'm just going to finish him

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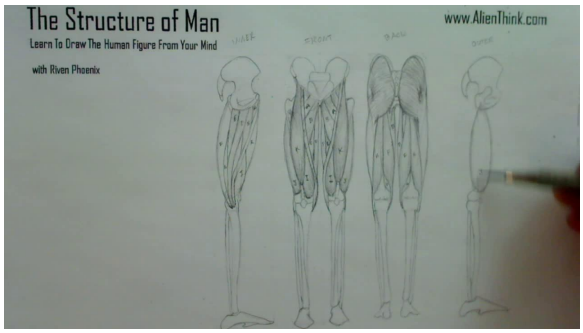
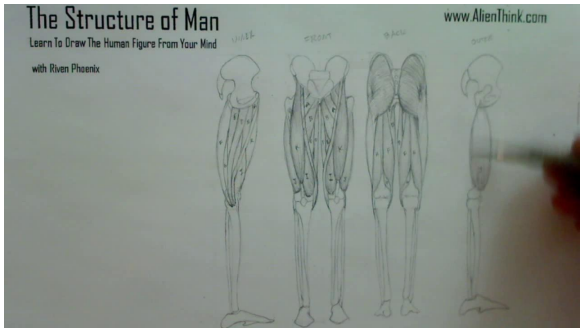
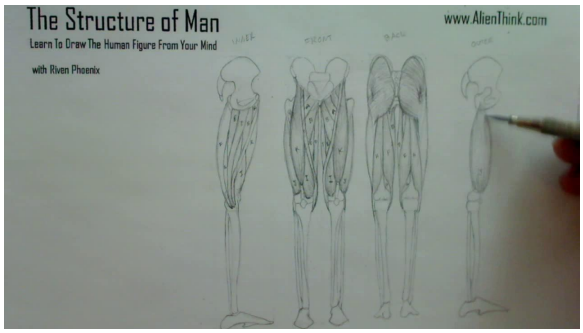
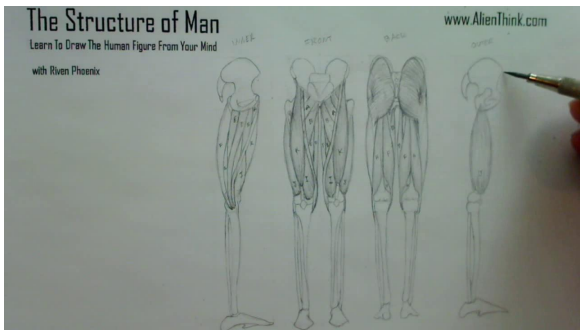
97		off just like this over here, right?
98		So he's just muscle J over here.
99		So what happens next is that now we need to think about muscle K, right?
100		So we know that okay, right?

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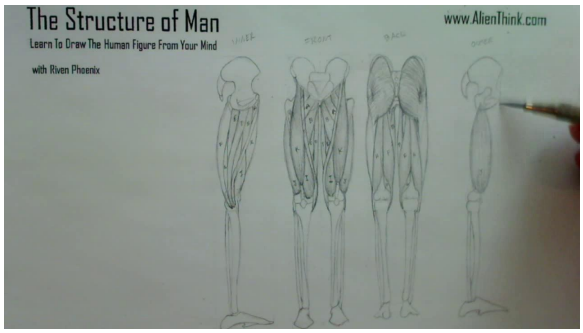
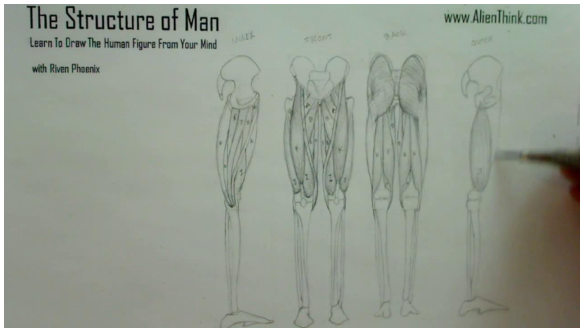
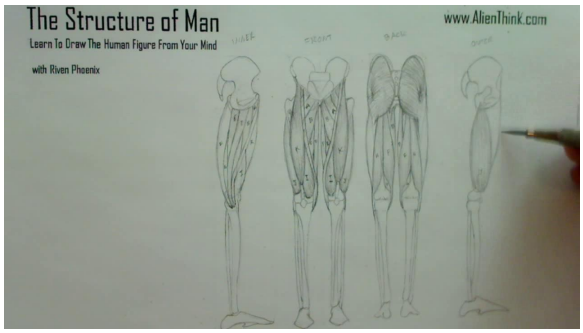
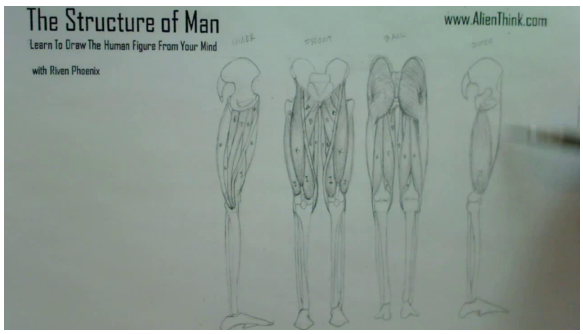
101		Muscle K was really going down in this way, we're talking about this guy here, right?
102		So you know that he's going to come like this too, right?
103		So meaning that now we're understanding how to grasp this concept for the contours of
104		the lines of the figure from the side, right?

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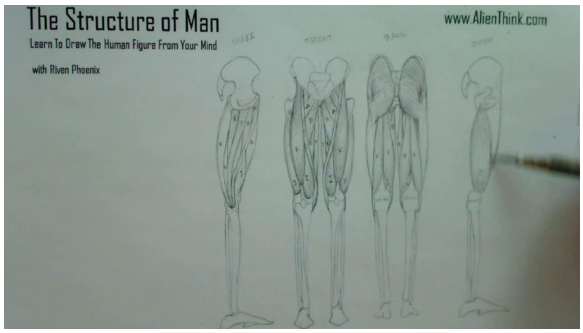
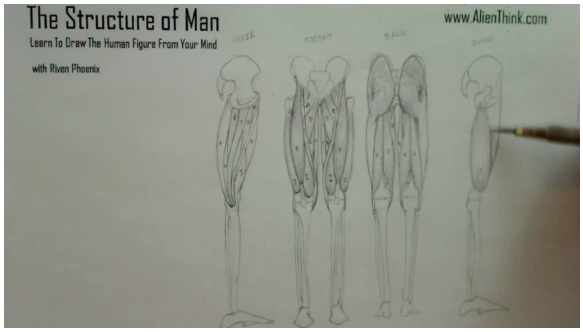
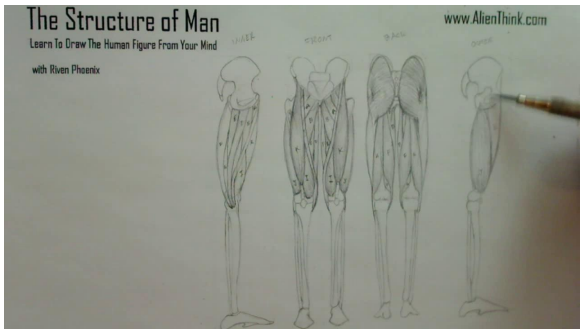
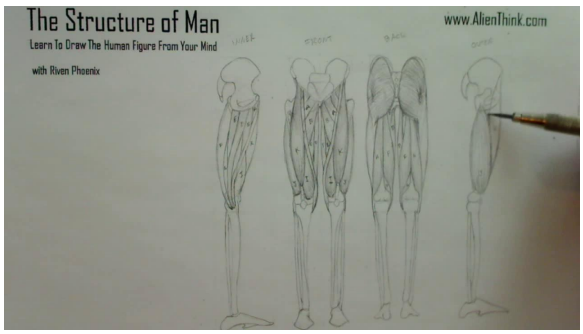
105		So you're going to get J like this, right?
106		So you're just going to get J and K colliding together, right?
107		So because K is just going to be like this, he's going to come like this and you're going
108		to have like a space in here but we will solve that in a second, right?

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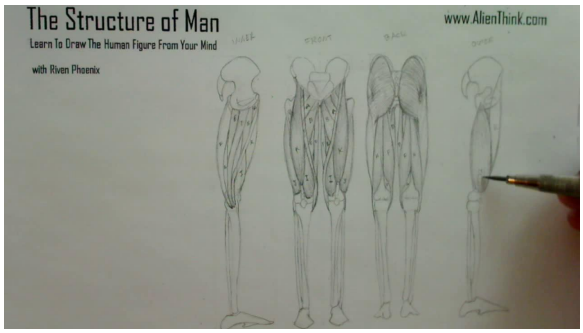
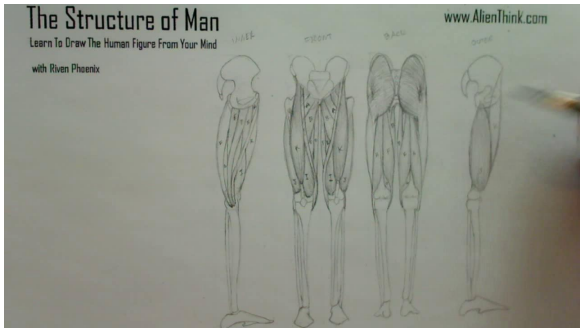
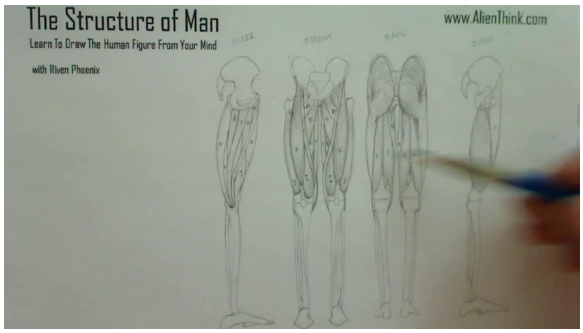
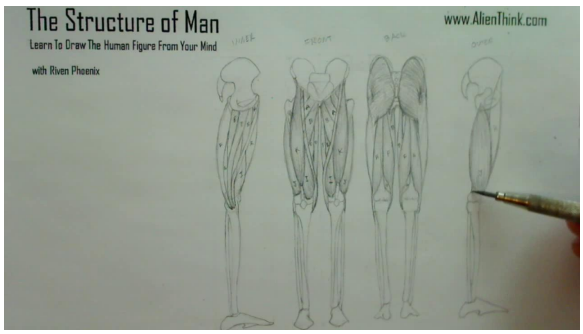
109		So you've got these guys going here, then you know that, all right, don't forget about,
110		don't forget about H and look where muscle H is.
111		This is the guy who's in the outer that we know he connects to the tibia.
112		So we know that, okay, so this guy is just going to come here, he's going to connect

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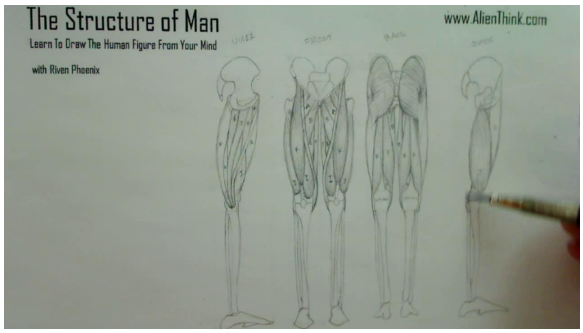
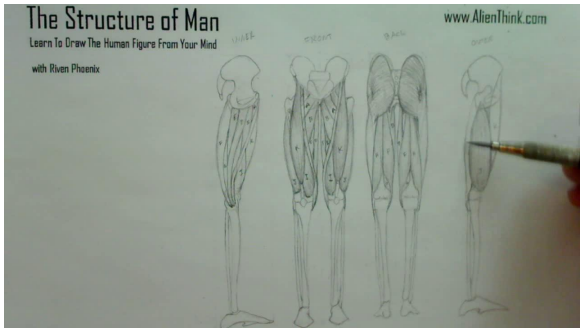
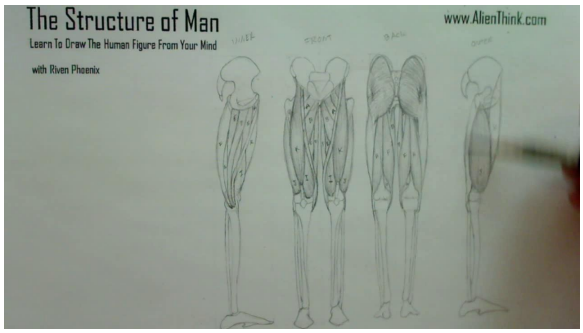
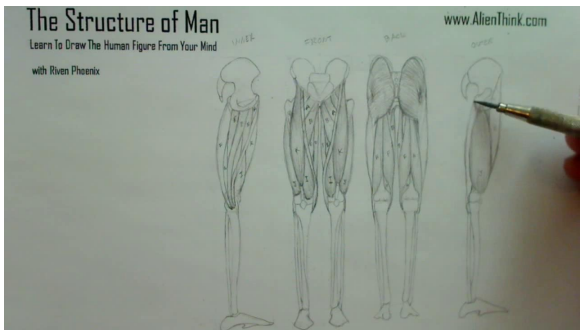
113		the wire to the tibia in here, we just solve the side of the leg, right?
114		How?
115		This is the your back and this defines your front, right?
116		So he is H over here, okay?

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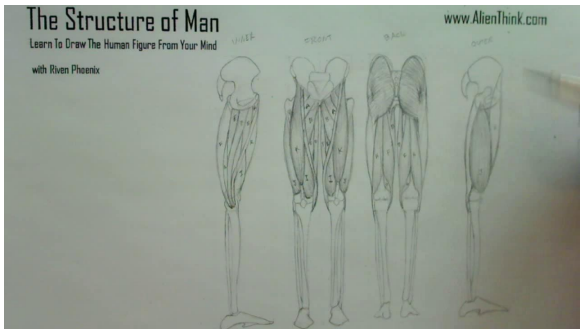
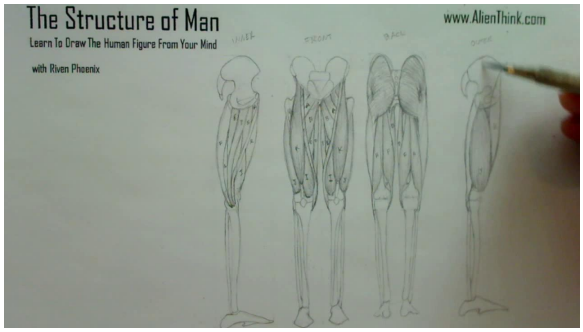
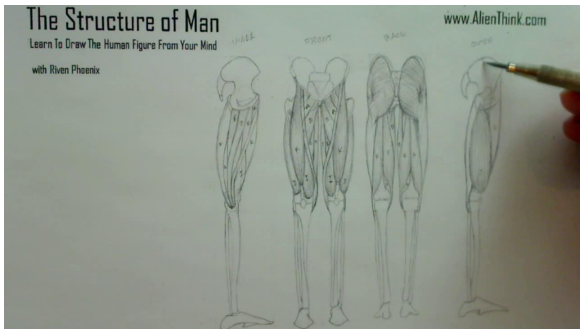
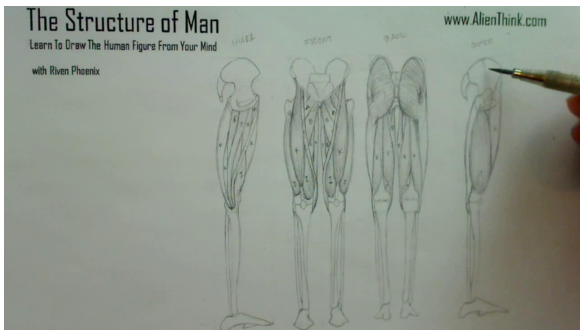
117		So now that we have this, we can now understand the muscles for the buttocks, basically right
118		over here, they're going to come, see this, where this leg is, they're all going to, everyone's
119		going to come over here.
120		So we'll do it in this way, we'll do it kind of like more in perspective, so we'll say

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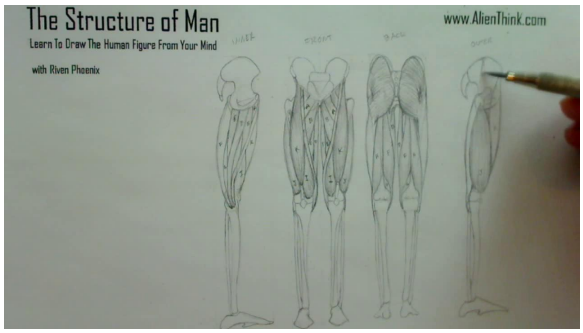
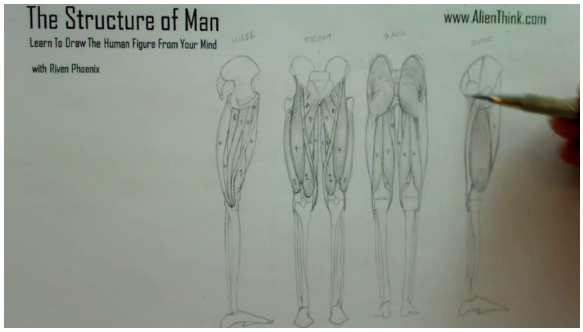
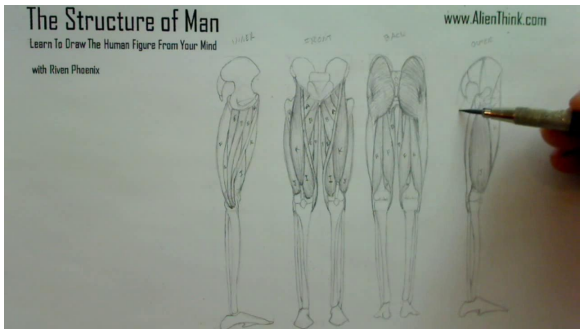
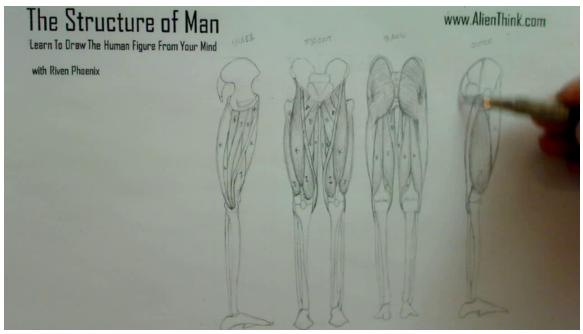
121		that, okay, this is coming here, I understand it's going down here, then I understand, look,
122		based on even on a mannequin system, which is like this, we know that for the buttocks,
123		we need to come down here, like this will, this is going to be like the secret understanding
124		of this area over here.

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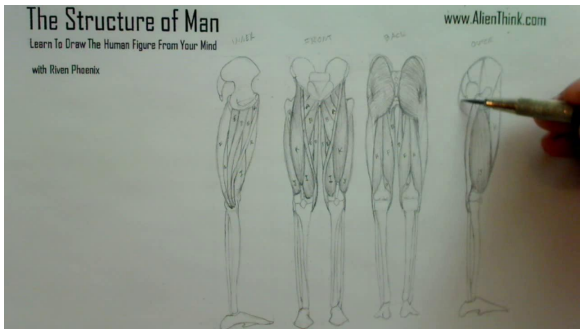
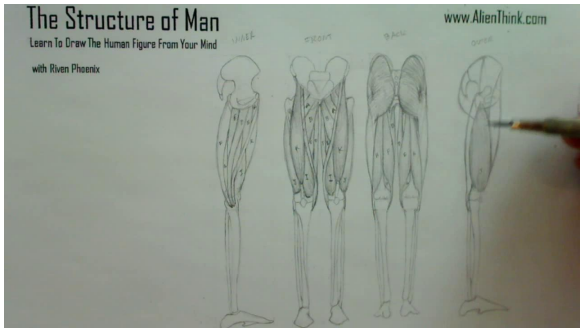
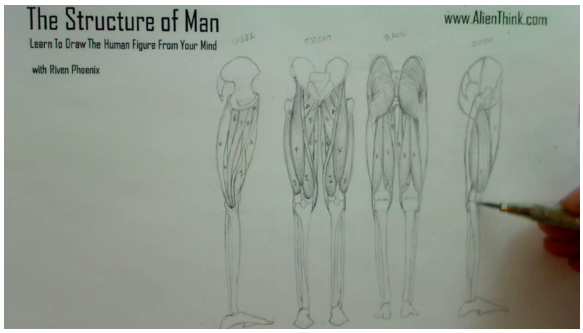
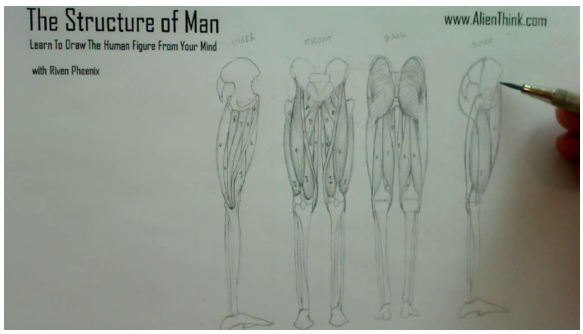
125		So when this muscle comes over here, right?
126		What's going to happen is that it turns into a, like this ligament over here, and he's
127		just going to connect right over here.
128		And then from here, what's going to happen is that now you're going to get the rest of

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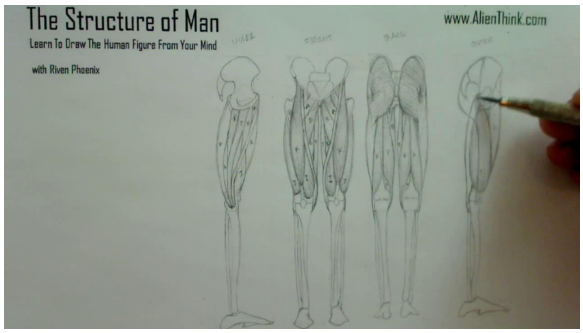
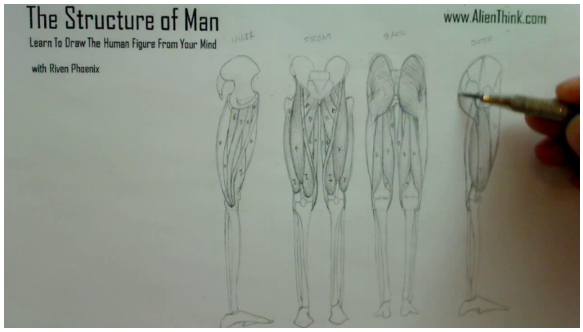
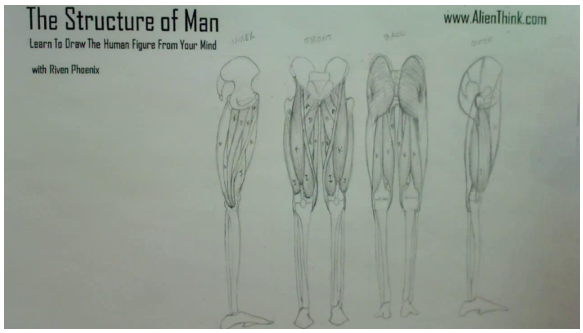
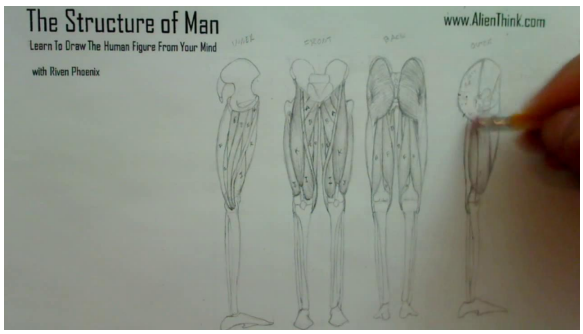
129		the muscles, so look at this area over here, this muscle is just connected like this, this
130		is the understanding of the buttocks, okay?
131		Let me raise that first, so we make sure we understand what we just did over here, right?
132		So you can see how the leg is automatically becoming, the figure.

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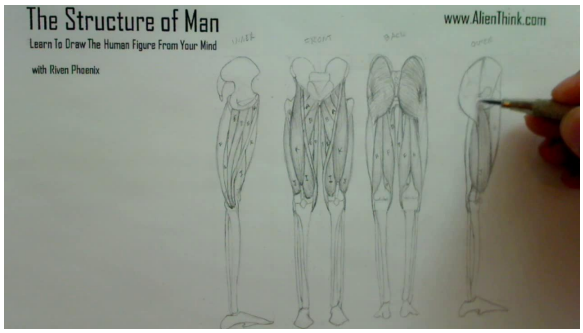
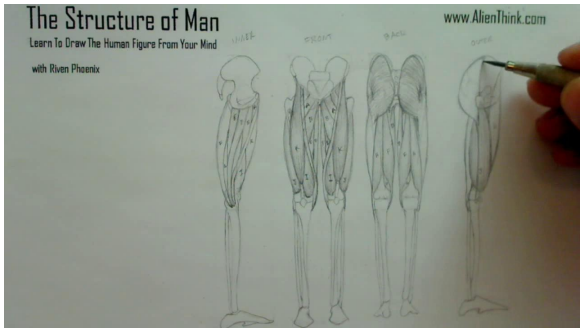
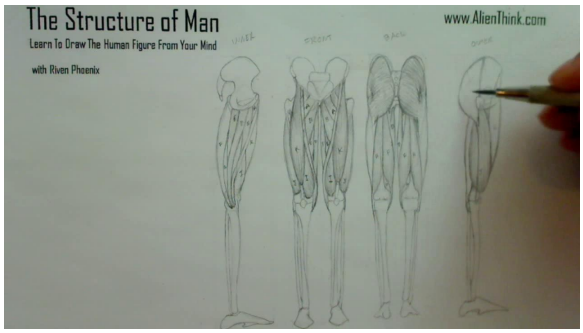
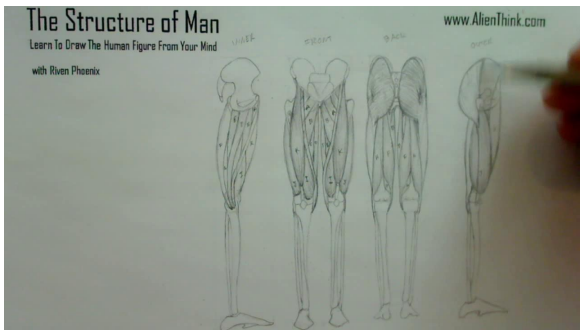
133		So this is the bone for the femur, look, this is the, this is the buttocks muscle coming
134		like this, and all of this stuff is just going to be wiped, okay?
135		So this muscle here is just going this way over here, right?
136		So we're going to call the buttocks muscle L, okay?

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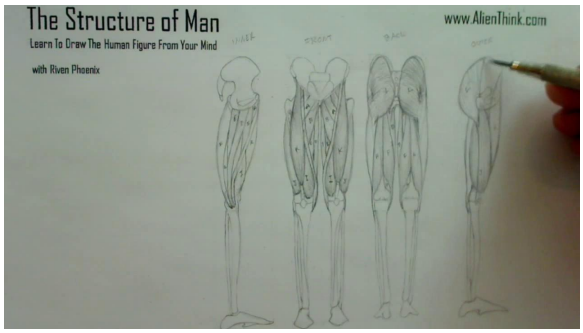
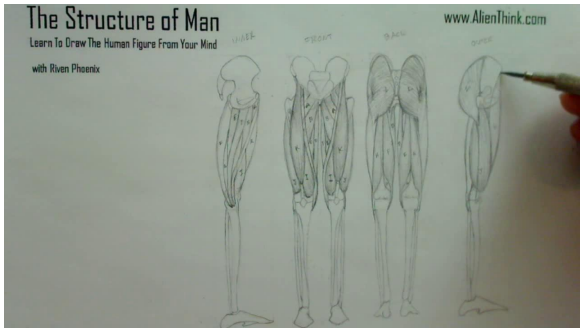
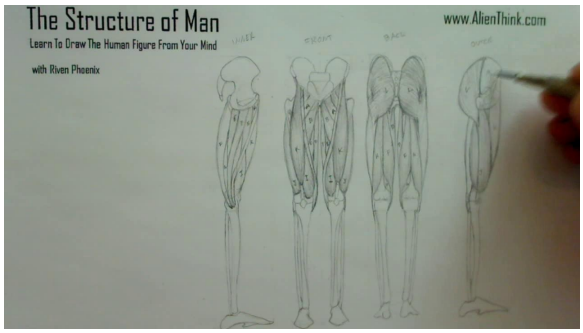
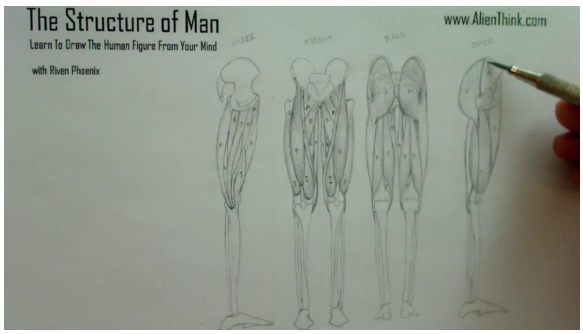
137		So what happens here is that now you're going to get another muscle, and he's going to basically
138		be like this, and he is the third guy in part of the system, and we're going to call him
139		him, right?
140		So all he does is, he's just going like this, but he's going to connect like this, and

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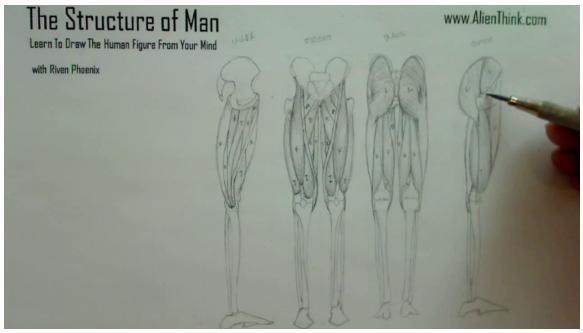
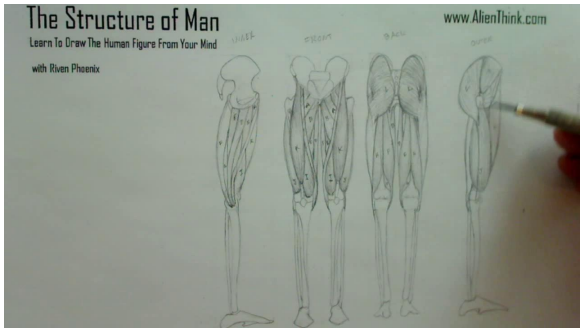
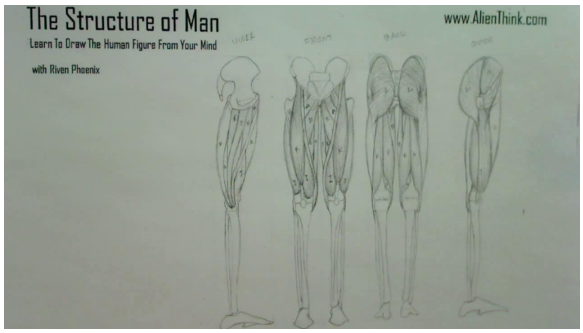
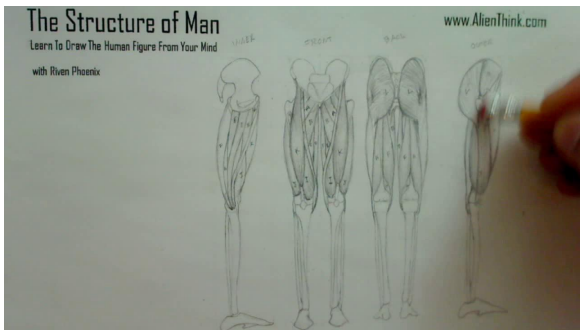
141		then the last guy is going to be just like this over here, and he's going to connect
142		like this and into the system, and this already, you can see how this gap gets closed up
143		because of these muscles.
144		So this is the, this is, we're going to call this, this guy right here, and, right?

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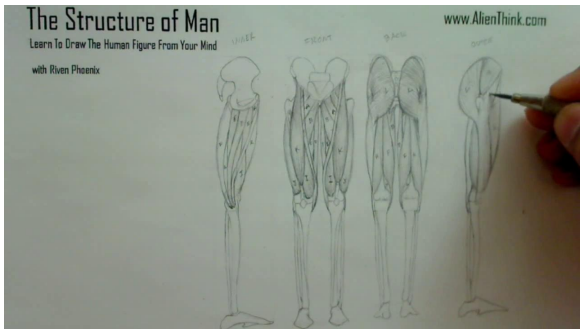
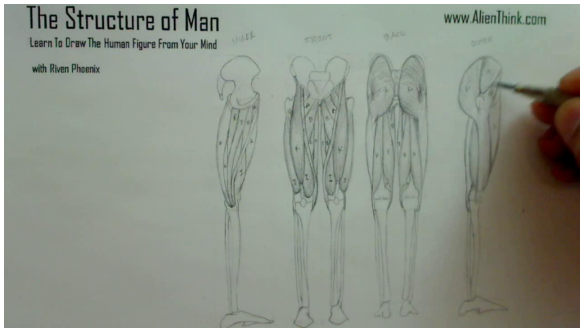
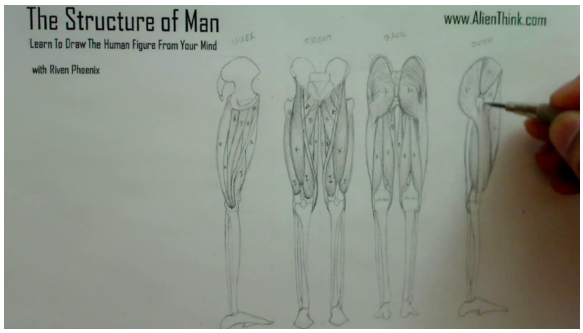
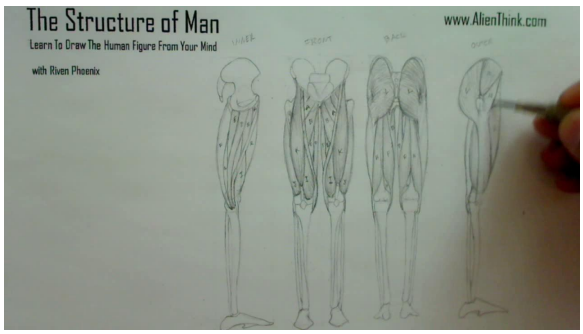
145		So he's just going to be in it.
146		So now we understand, okay, the three guys involved in this process, he, look at
147		the relationship.
148		He's more up here, the buttocks is more down, right?

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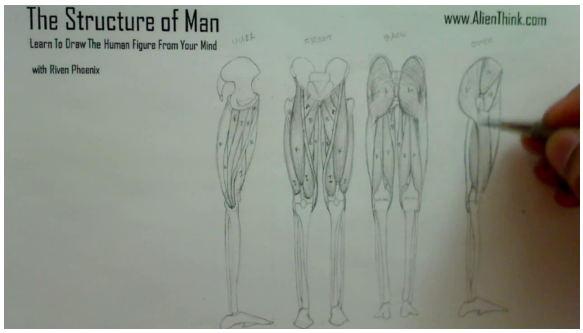
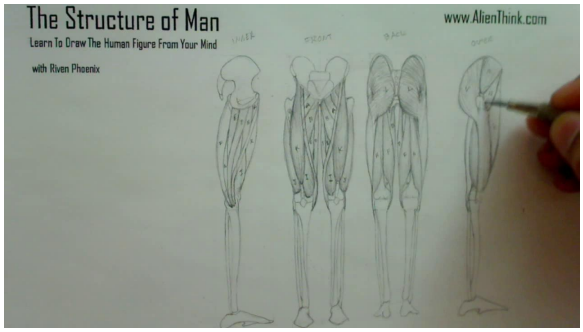
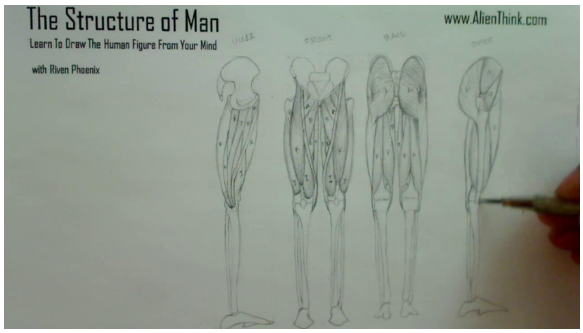
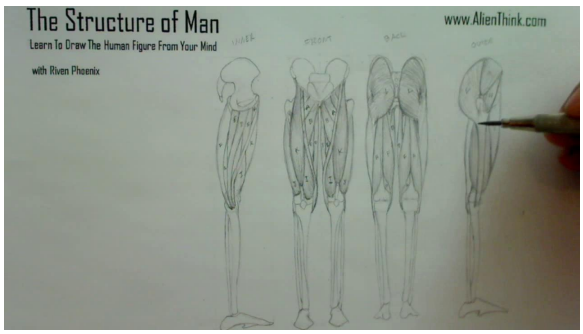
149		Look at the relationship over here.
150		So here we're just going to close this chapter up over here on the side of the leg, and
151		just say that all right, this just goes about, it's just going to attach over here, this
152		guy, right?

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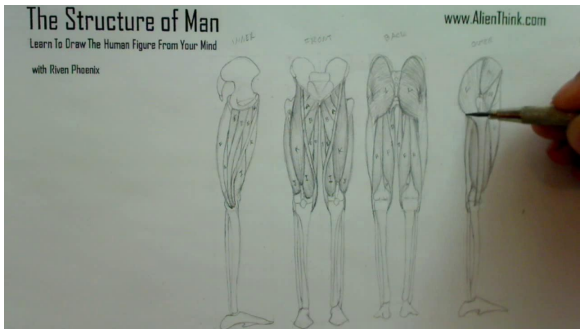
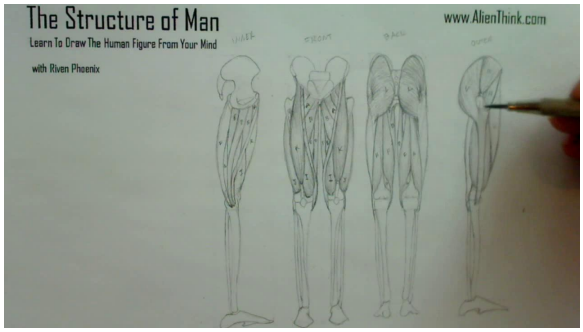
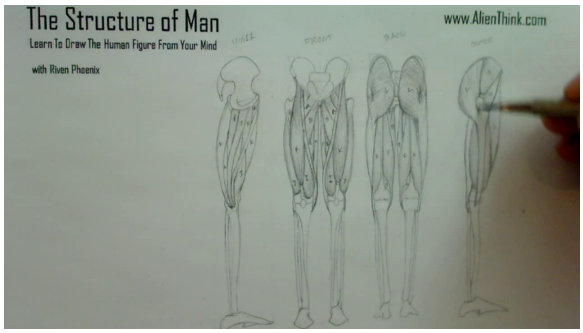
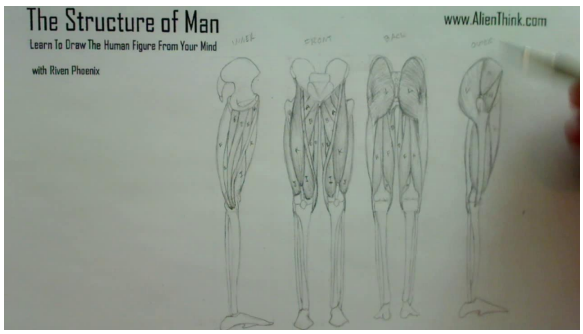
153		And this over here, it's going to be your buttocks over here, and he's just going to be
154		here.
155		All of this stuff really is white.
156		So this tells us in our mannequin system that we'll understand is that really where you

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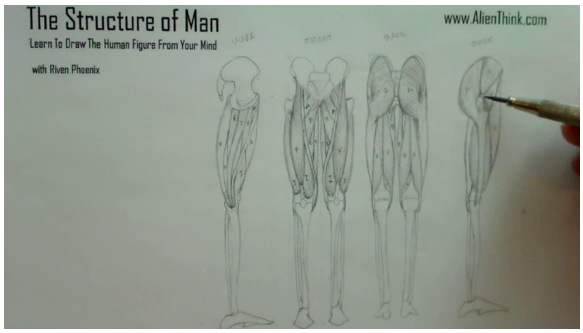
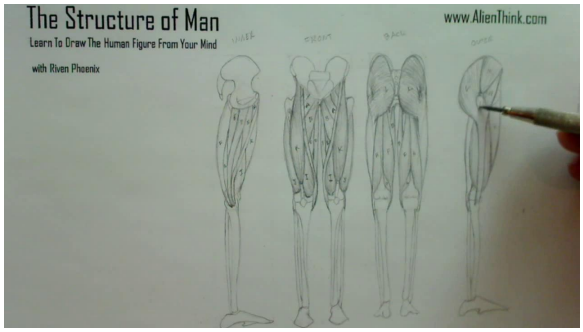
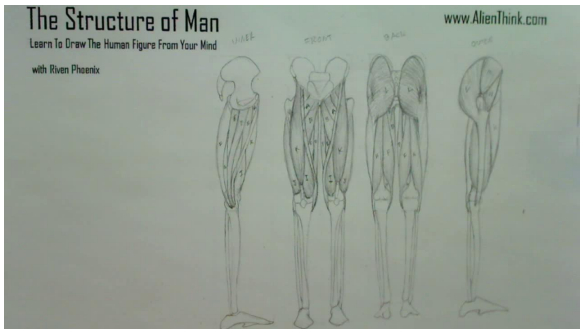
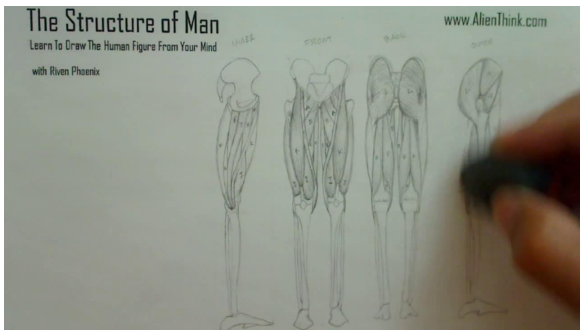
157		know where the, the femur is, all we have to do on the side is really just a circle knowing
158		that right, I'm going to get the buttocks and these connection systems over here, right?
159		So to finish this up, the side of the leg, we're going to know, it's very lightly,
160		here is some of these lines here, and just clean it up a bit, you can wrap this up.

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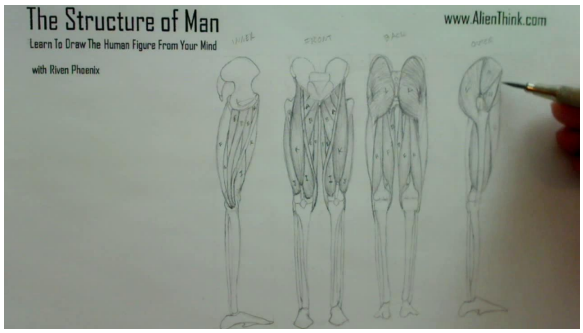
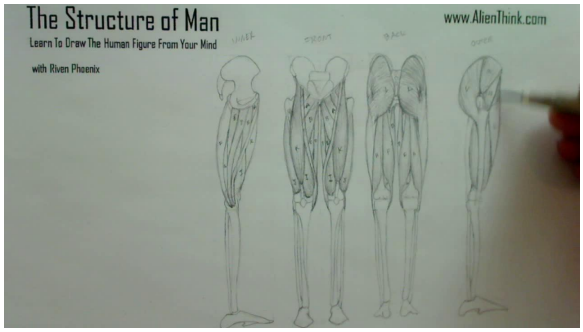
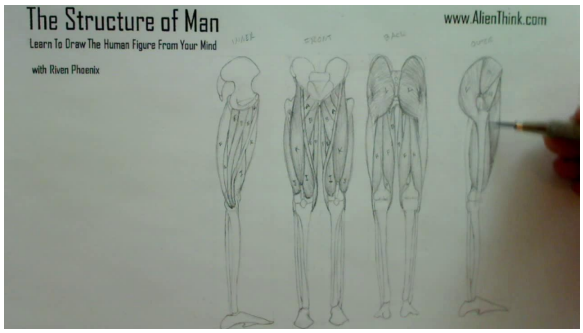
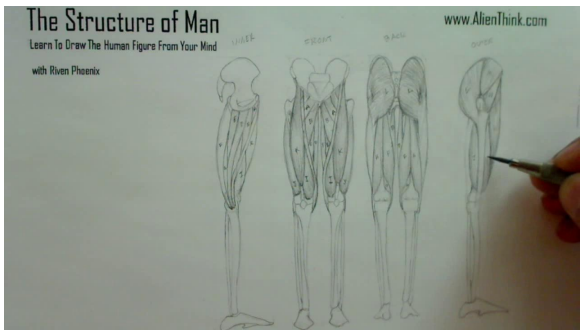
161		Okay, so here we're just going to get this guy over here, and just got over here, right?
162		So he's just going to go like this, this is K over here, and a big, right?
163		So obviously, J, right?
164		So this is J, all of this, as you can see, the J is obviously on top, and you're just

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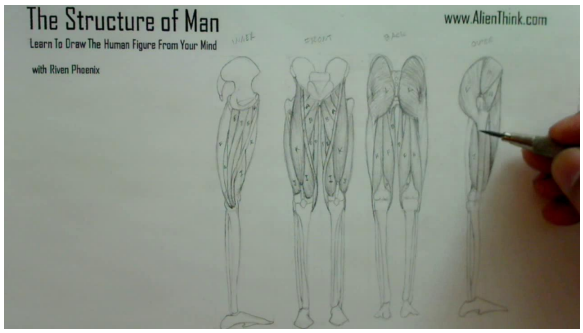
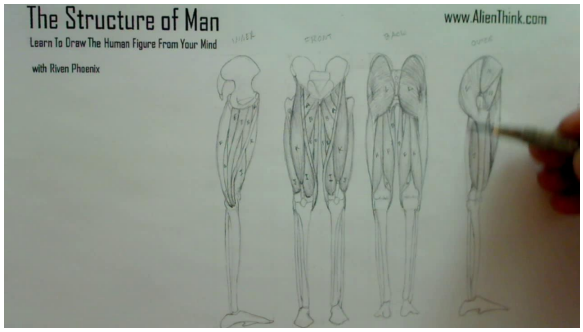
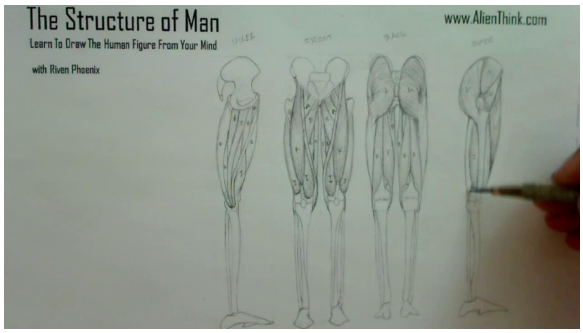
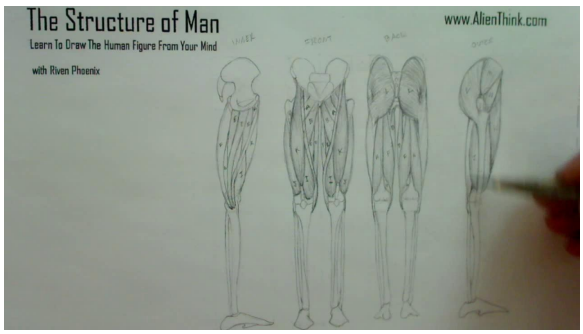
165		going to get this, like this ligament idea, and over here you can now see, okay, right?
166		I'm going to get really, that this guy's coming towards me, and I'm going to get this muscle
167		over here, and he's just connecting to the tibia with his ligament over here.
168		So here we can just wrap this up over here, right?

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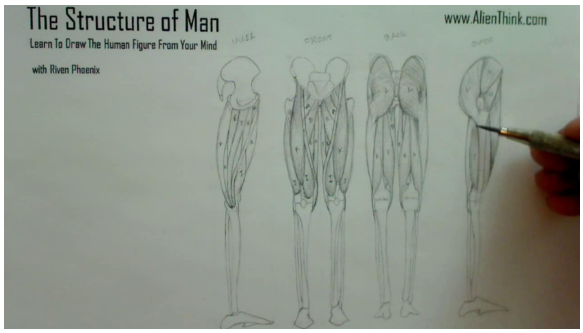
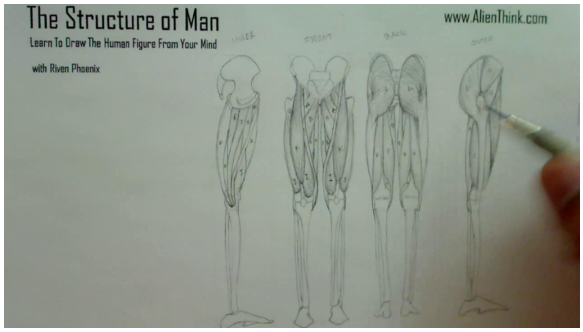
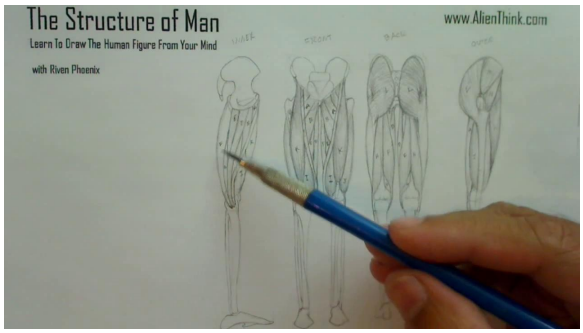
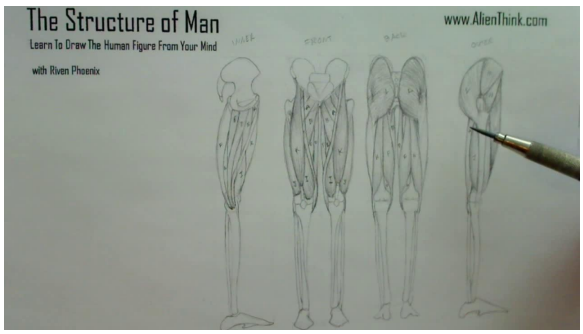
169		So who is this guy over here, and we said that this is going to be muscle H, okay?
170		So you can see that H is on the outer side, we're going to see him from the side, and from
171		the inner side we're going to see F over here, right?
172		That's what's going to happen over there.

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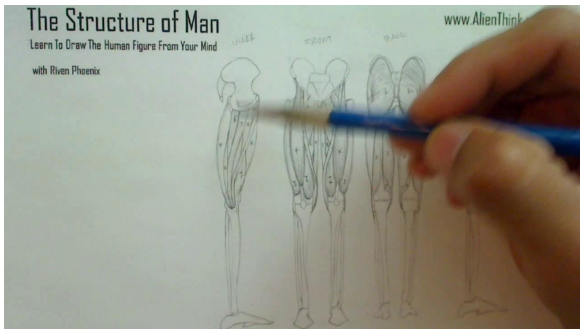
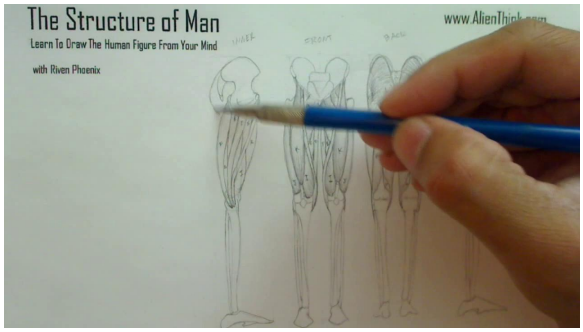
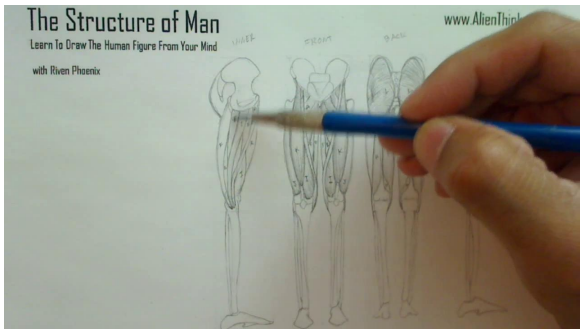
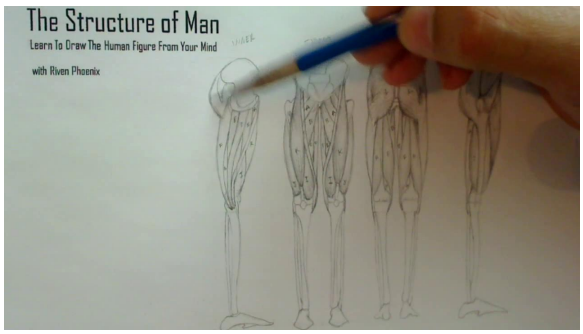
173		So what happens here on the inside is very easy, we just have to put just the idea of
174		here that we get that from the inside, that's where the botox is going to be, right?
175		We know it's going to connect over here, there's really nothing to put over here other
176		than just shade it in like this, right?

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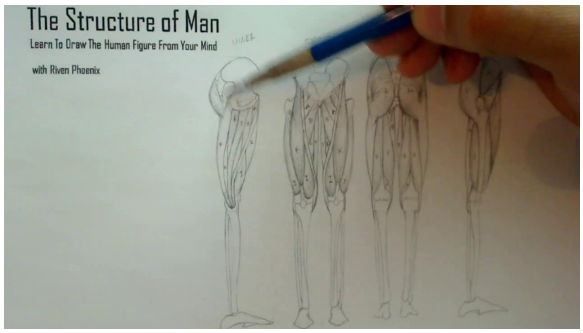
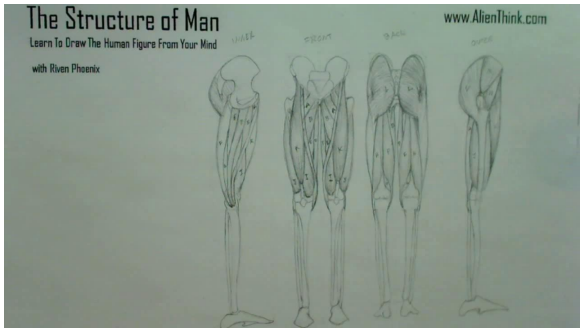
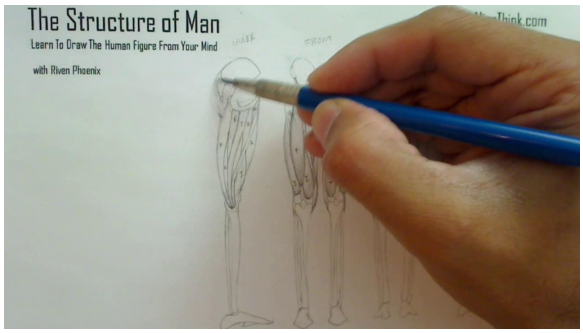
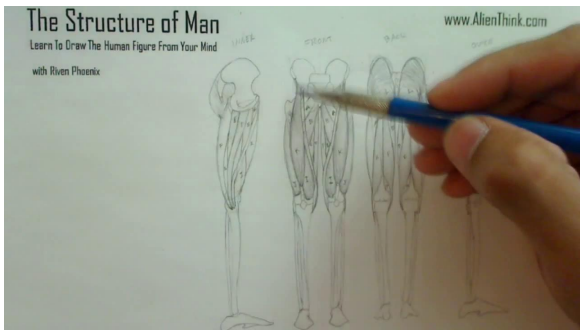
177		This is really the inside, but now everything's starting to make sense as to how this is
178		all coming together, right?
179		And then over here, we're just going to fix this up, so the only thing that's remaining
180		now is this area over here, and then over here what's going to happen is that now we're

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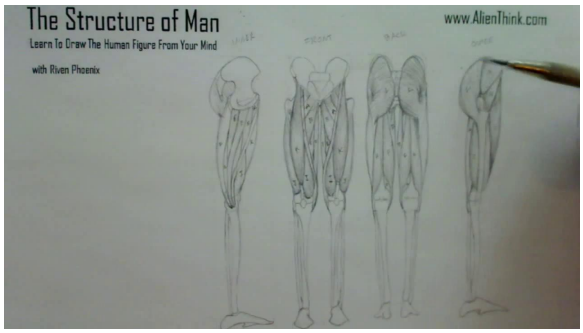
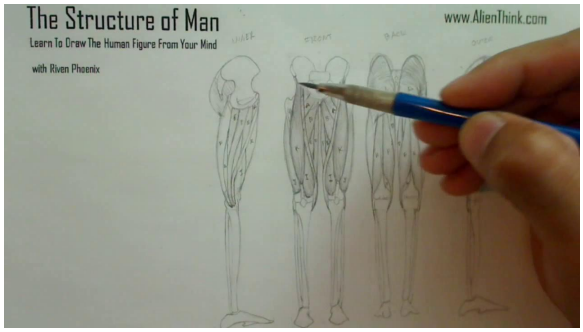
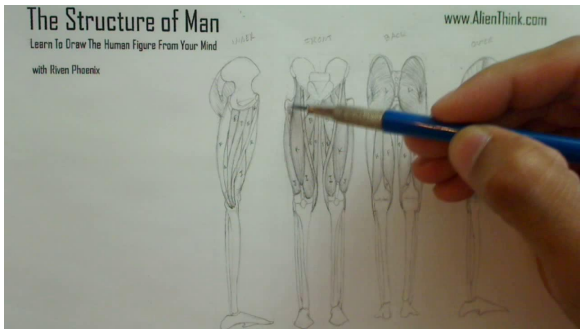
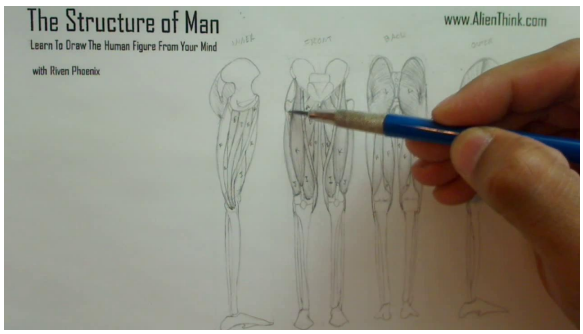
181		going to talk about N, right?
182		So basically N is just connected over here, just like this, and he's just going to balloon
183		out like this and go like this, right?
184		So you're going to see him just like this over here, and then you know that, okay, I'm

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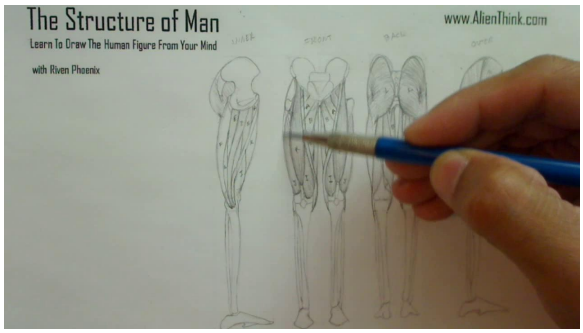
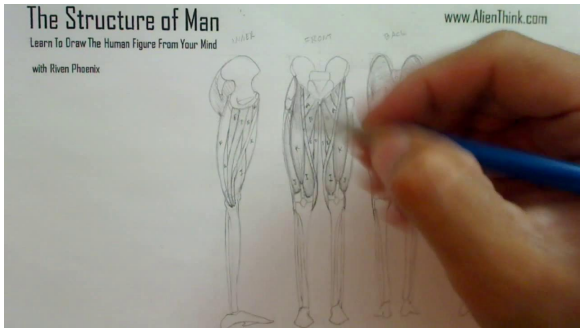
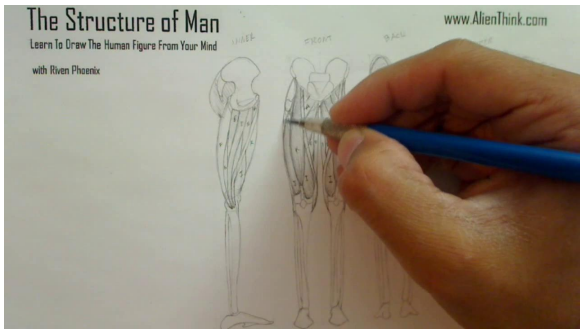
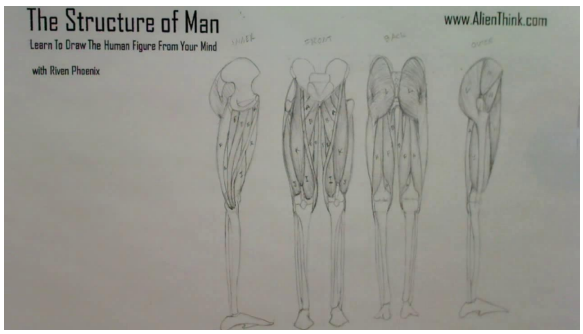
185		going to get that little bit of that strap going down in here on the side, right?
186		So you can tell that, okay, in very fine detail work, I'm going to get J, and then I'm going
187		to get this little bit of this guy here who's adding to the mass over here, right?
188		So now that means that if I erase these lines over here, I'm going to get N, right?

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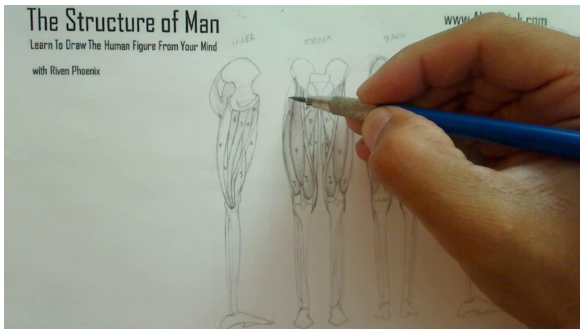
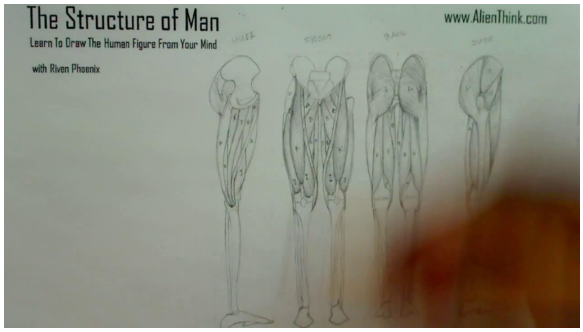
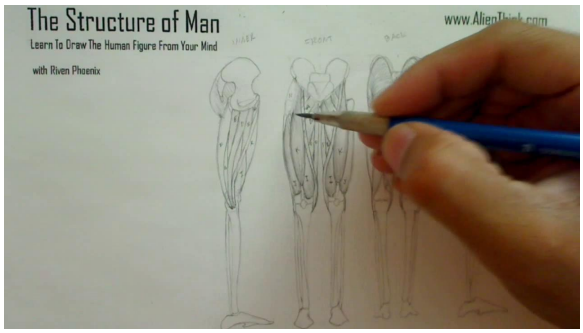
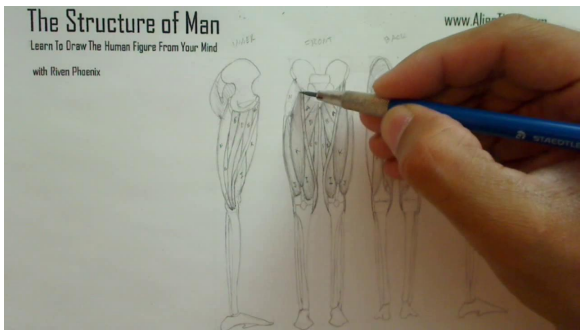
189		So this is N, so he's just going to connect like this over here, right?
190		So in this connection system here, let me just clarify this, basically what's happening
191		is that everyone's just meeting together, right?
192		This is where I said you're going to have to modify some of the, everybody just meets

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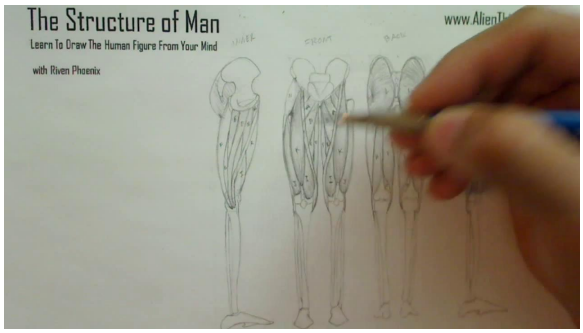
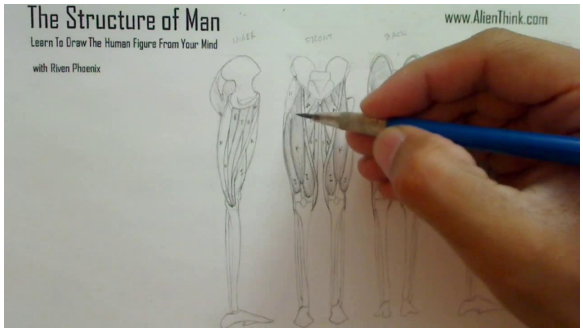
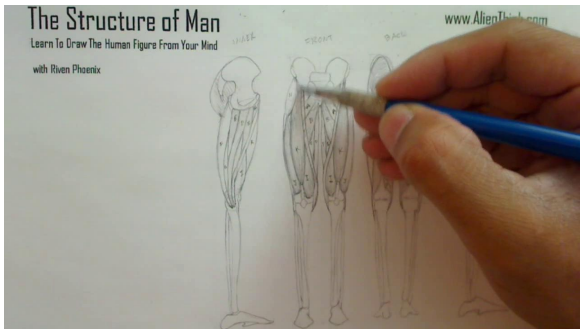
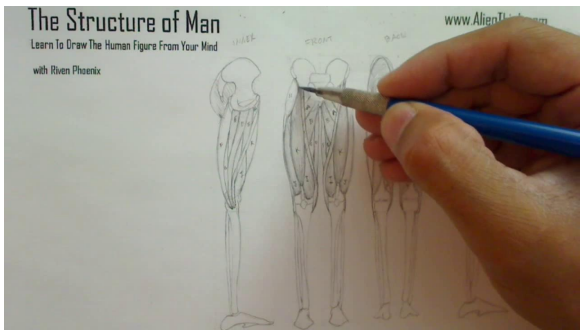
193		together over here, right, where did this dark area over here?
194		This is basically going to be K, J, and over here I'm going to get N, and he's just
195		going to be going like this, right?
196		And this line over here is just connecting this way.

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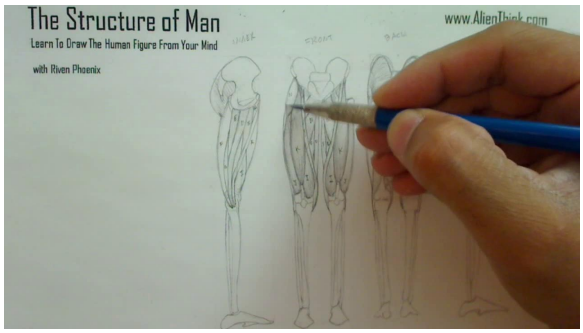
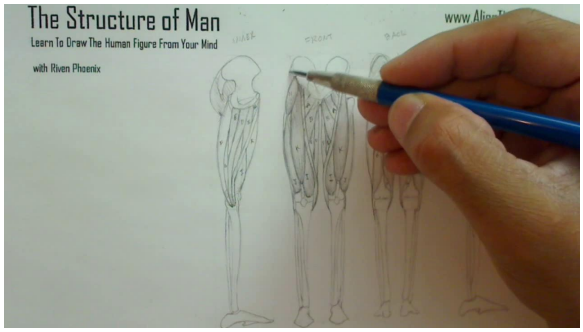
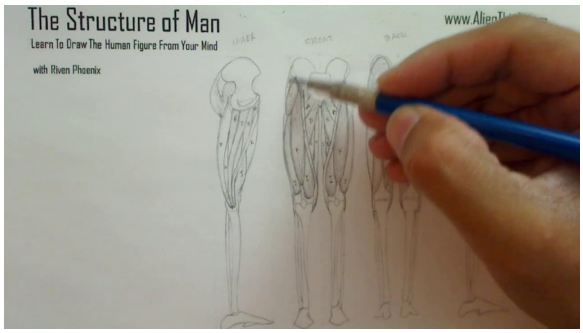
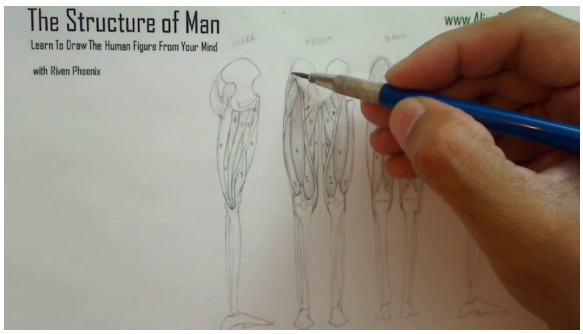
197		So here I'm just going to very lightly put this N over here first, so this is N, and
198		then over here we're going to get M, right?
199		So now we can understand why in the mannequin system, we were talking about these ideas as
200		to we need to understand that line is because now in the leg bands, right?

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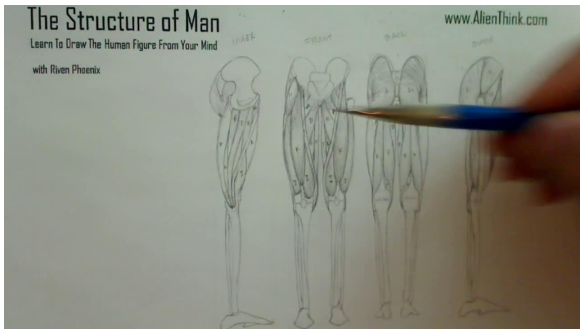
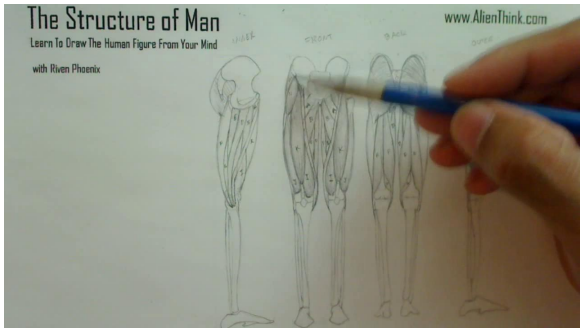
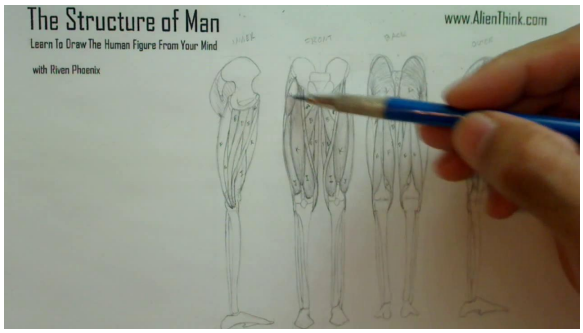
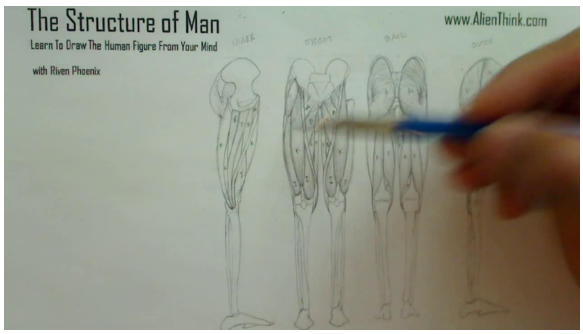
201		You can just tell that the femur is here, so obviously the leg bands, these muscles can't
202		move, that's why you're going to get that break in the leg because of these, this is
203		why we created the underwear system over here that we have to, it's going to automatically
204		create that system for us.

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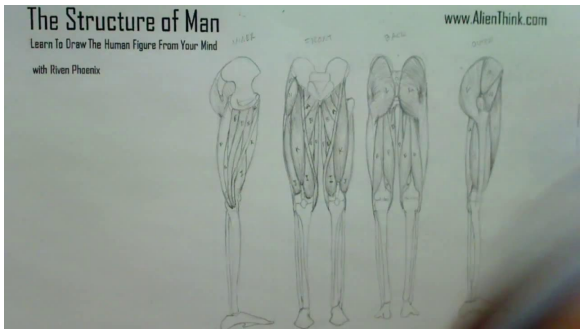
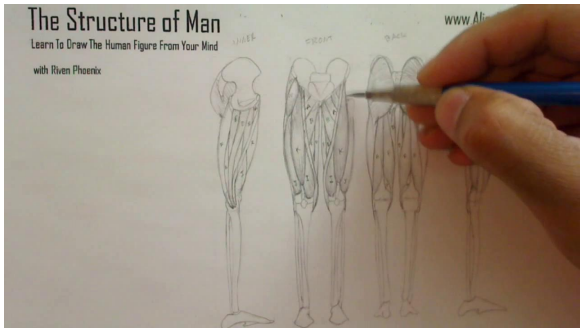
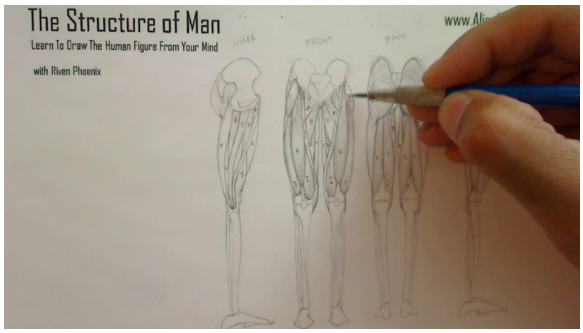
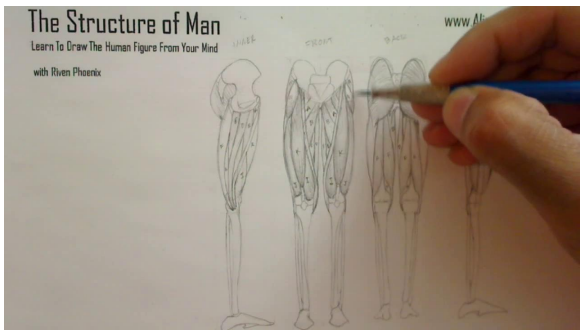
205		Okay, so over here, I'm just going to wrap this up on this end, same thing, I'm just going
206		to get this muscle over here, he's just going to balloon out over here, and this is going
207		to be N over here, and then just finish it off with M, right?
208		So now we check everything that we've got, we know that okay, we also have to finish

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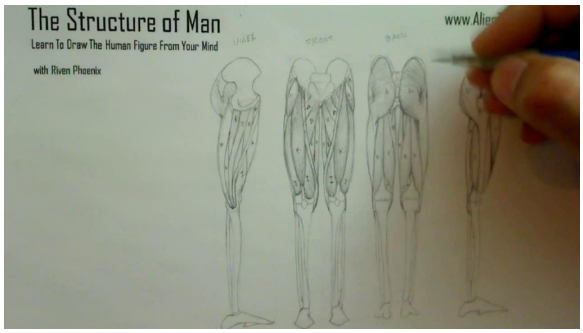
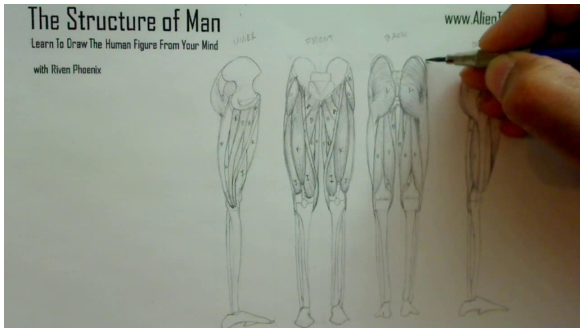
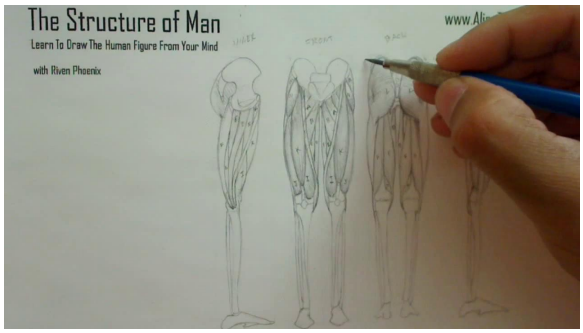
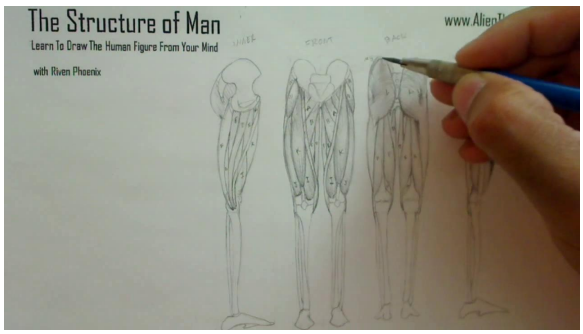
209		this off over here, that this muscle here is also here, which is M, I'm just going
210		to say that this is M over here, so we can't really fit M in there, right?
211		So this is M over here.
212		Okay, so now you can really just imagine that you can just fit the top part of the body

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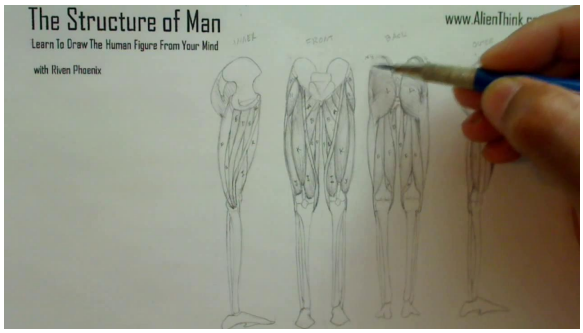
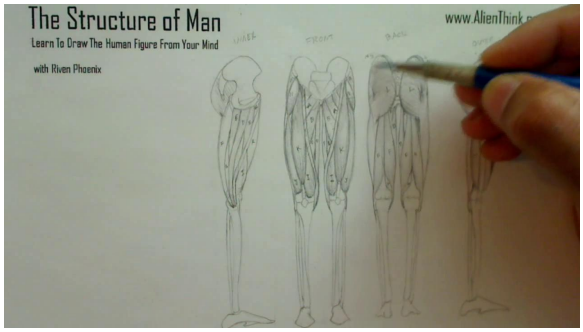
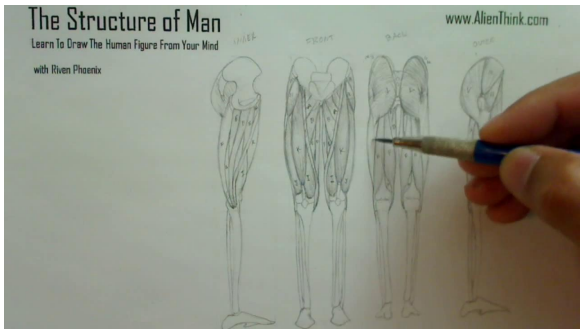
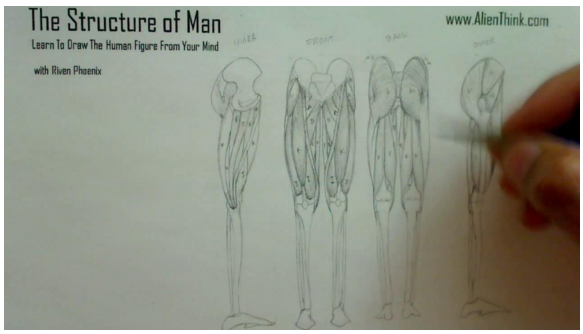
213		already, right?
214		It's just putting that piece of puzzle together, so how this is being done, so basically
215		over here from the back, you're going to get the same thing, right?
216		You know that, okay, I see what's going on, which is going to get really this idea over

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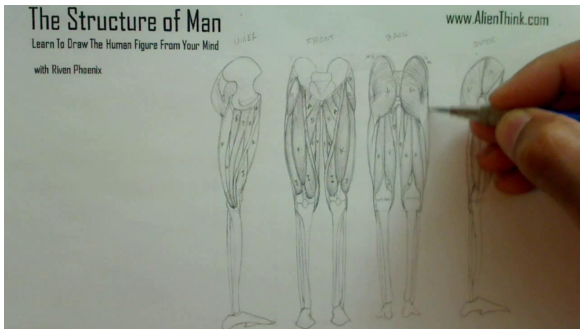
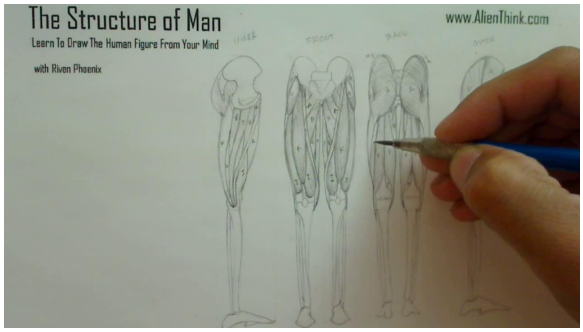
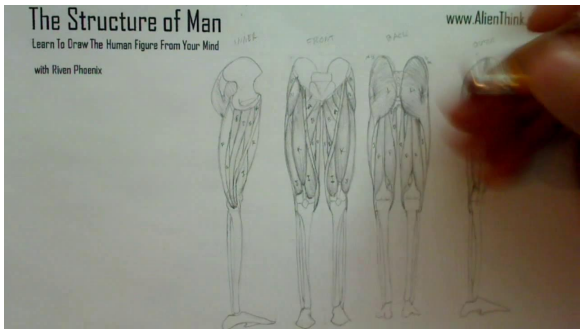
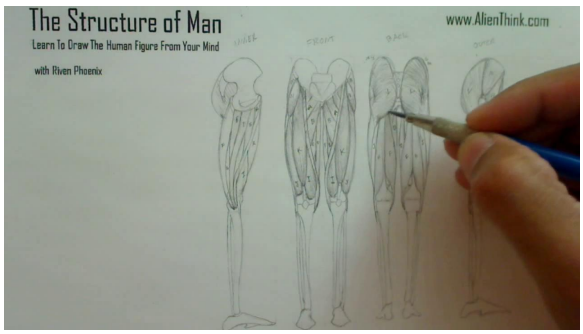
217		here, this will probably be a little thicker over here, just like this, and here I'm going
218		to get J peaking out, just like this, right?
219		Okay, so, and that's it in understanding the muscles or the leg from the top part.
220		Okay, so I'll see you in the next lesson, thanks.

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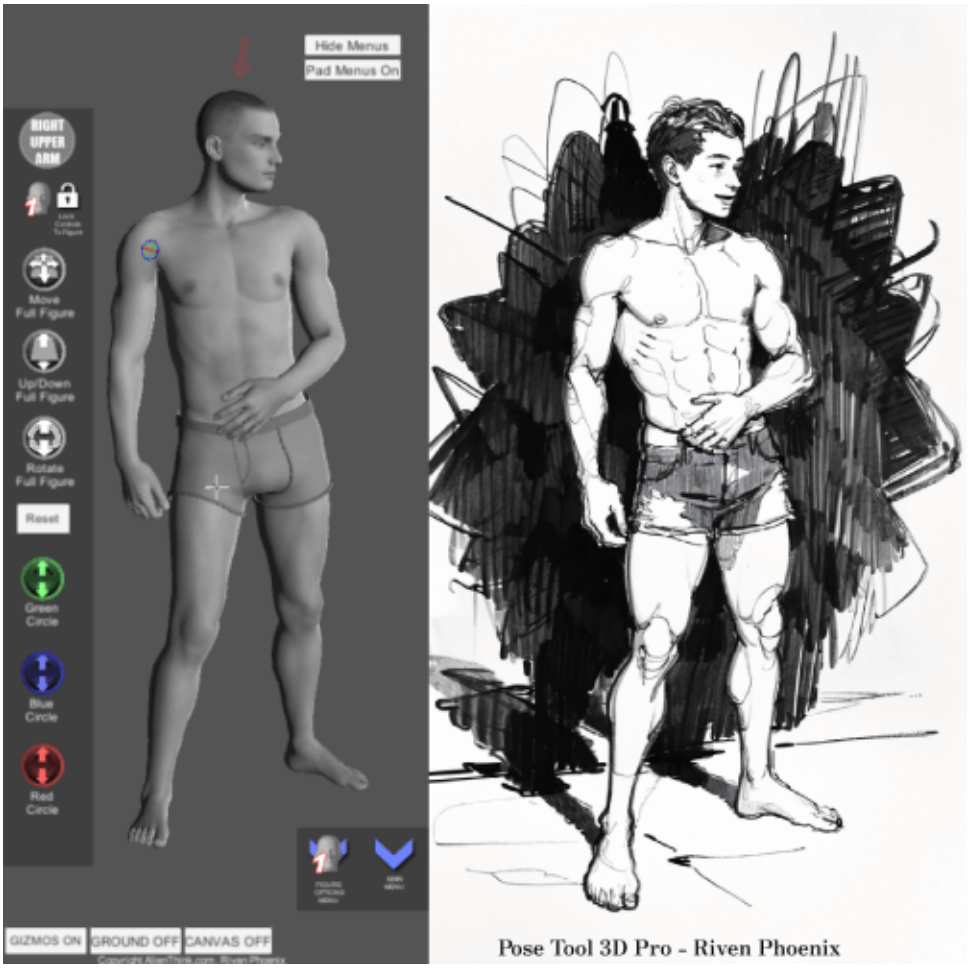

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